

# XVII

PhD Meeting in

PSYCHOLOGY

**Into the Unknown:  
Psychology in the Making**

BOOK OF  
ABSTRACTS

19 - 20 May 2022

Cis\_Iscte

Thank you for participating in the 17th Edition of the PhD Meeting in Psychology.

The XVII PhD Meeting in Psychology took place in person on Thursday 19th and Friday 20th of May 2022. The meeting is a scientific gathering of Psychology students from Portugal and abroad that aims to connect people and promote the exchange of ideas by providing a constructive and stimulating environment for researchers interested in different Psychological topics and research themes.

This year's main theme was “Into the Unknown: Psychology in the Making”. We believe that all fields of research in Psychology can have a meaningful impact on human well-being for individuals, groups and societies.

Best regards,

The Organizing Committee - XVII PhD Meeting

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<http://phdmeeting.dpsso.iscte.pt/>

We look forward to seeing you back next year!

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**António Granado** (NOVA FCHS)

**Catarina Ramos** (Champalimaud Foundation)

**Ludmila Nunes** (Association for Psychological Science)

**Moderator: Rita Martins** (Interdisciplinary Centre for Gender Studies)

## Keynote Speakers

### Science Communication - Round Table

Science can change the world, but only if the world knows about it. Learning how to communicate science is as important for academic researchers as it is for science journalists. We will examine why it matters to disseminate science and explore a few hints about how to do it.

#### ***More about the keynotes:***

**António Granado** is a professor at NOVA FCSH, where he co-directs the Master in Science Communication. For more than 26 years, he has worked as a science journalist, mainly at Público, one of Portugal's main daily quality newspapers, where he also was science editor, sub-editor-in-chief, managing editor and online editor. From 2010 to 2014, he worked as the online editor of RTP, the Portuguese public broadcaster.

**Catarina Ramos** is the coordinator of the Communications, Events and Outreach (CEO) Unit, at the Champalimaud Foundation. After being abroad as a PhD student in Biomedical Sciences, Catarina returned to Lisbon to start her post-doc in Neuroscience. Later on, she did a Master's in Science Communication and left the lab bench to found the Champalimaud Science Communication Office. More recently, Catarina was responsible for the integration of three internal teams, which resulted in the creation of the Champalimaud CEO Unit. As the coordinator of this interdisciplinary team, she strives to be at the forefront of science communication, education and outreach by combining classic methods with innovative and experimental approaches.

**Ludmila Nunes** is the Science Advisor for the Association for Psychological Science and a science writer. She completed her doctoral studies on social cognition and memory and currently works mostly on science communication and education.

**Isabel Gonçalves (Instituto Superior Técnico)**  
**Joana Alexandre (Iscte, Cis\_Iscte)**

## **Keynote Speaker**

### Mental Health in Higher Education

The Ph.D. journey can be lonely, and stressful, and make students doubt themselves and their competencies.

Additionally, mental health in Higher Education can be somewhat neglected, although its impact is well-known.

In this session, the relevance of having institutional actions and policies related to students' mental health will be addressed, and the effects of the recent pandemic crisis will be brought to light.

### ***More about the keynotes:***

**Isabel Gonçalves** is a Specialist Psychologist in Clinical and Health Psychology, and in Educational Psychology. She holds the advanced specialties of Psychotherapy and Psychological Coaching, certified by the Portuguese Psychologists Association (Ordem dos Psicólogos Portugueses - OPP). She founded, in 2006, and coordinates up to today the Núcleo de Desenvolvimento Académico (Academic Development Office) at Instituto Superior Técnico (before called Gabinete de Apoio ao Tutorado (Tutoring Support Office)).

**Joana Alexandre** holds a degree in Clinical Psychology, with an advanced specialization in psychotherapy. She has been actively involved in activities related to the Department of Psychology (e.g., hearing processes of children in court, sexual abuse, mental health), as the director of the Masters in Community Psychology and Youth at Risk, at Iscte. Joana Alexandre is currently the President of the Pedagogical Council of this university.

**Aleš Kajzar (1)**, Martin Vaculík (1)  
(1) *Masaryk University*

## **Oral Communication**

### Job crafting and psychological capital: Proposed protecting factors of burnout

Burnout is included in ICD-11 as a global occupational phenomenon that influences health. It can lead to severe mental and physical problems; therefore, it is important to study its potential protecting factors. The burnout construct is usually studied through Job Demands-Resources model (JD-R). The model asserts a distinction between those job characteristics, that require effort and are associated with physiological and/or psychological costs (job demands, e.g., bureaucracy, role conflict, harassment) and characteristics, that can reduce these costs (job resources, e.g., team atmosphere, team effectiveness, task variety). Usually studied variables in this scope seem out of one's control. They are either organisational level variables (e.g., bureaucracy) or personality traits that can be hardly changed. Personal influence on balance between demands and resources is less studied. Recent studies suggest that job crafting can be an effective proactive coping mechanism in decreasing negative outcomes. Job crafting is an idea that employees make proactively specific changes to certain aspects of their work to better align their job with their needs, skills, or preferences. Combined with psychological capital, strong negative relationship is suggested. In this research we study relationship of burnout, job crafting and psychological capital by several methodological approaches: meta-analysis, diary study and SEM. Proposed future studies and preliminary results will be discussed.

*Keywords:* Job crafting, psychological capital, burnout

**Alice Fonseca (1)**, Paula Castro (1)  
(1) *Iscte, Cis\_Iscte*

## Oral Communication

Constructing and renewing environmental citizenship: An analysis of representations of the “good environmental citizen” within institutional and everyday youth discourses

Psychological studies on climate change have predominantly focused on individuals' role as consumers, neglecting their roles as citizens; and on psychological barriers to action, neglecting how these interact with social-structural and institutional barriers, some of which reflect the value choices guiding climate policymaking. The collectively defined (and contested) meanings, rights, and duties of what constitutes a “good environmental citizen” are highly consequential, influencing how climate action and citizenship are understood and performed. Young people can be pivotal in challenging these definitions, as exemplified by the 2018-2019 youth climate strikes. However, knowledge about how youth engages with climate action and defines the “environmental citizen” is still limited. Few socio-psychological works have thus far approached environmental citizenship (EC) or have empirically interrogated green political theory's models of EC. Looking at how EC is defined within the consensual/everyday, the reified/institutional universes and in their interaction, this project combines socio-psychological constructionist approaches with green political theory for (1) identifying the meanings of EC mobilized in the Portuguese institutional sphere, through the analysis of 4 youth-relevant climate/environmental laws and policies, and 20 parliamentary debates; (2) examining how, in Portugal, young people with different types/levels of engagement with climate action – activists & skeptics – construct and renew EC and negotiate its meanings with likeminded and challenger peers, by analyzing their positions and types of dialogue through interviews and focus groups; (3) analyzing the interplay between the meanings of EC mobilized in everyday discourses and institutional ones, taking notice of their continuities and clashes regarding each other.

*Keywords:* environmental citizenship, youth, institutions, social psychology, climate change

Ana Isabel Correia (1), Margherita Vincenzi (2), Patrícia Vanzella (3), Ana P. Pinheiro (4)  
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*CICPSI, Universidade de Lisboa*; (5) *University of Toronto Mississauga*

## Oral Communication

Professional musicians have distinct personalities but average cognitive ability

The available literature typically fails to distinguish professional musicians from musically trained individuals who do not become professionals. Focusing on individuals with the highest levels of musical experience (i.e., professional musicians), we wanted to clarify the commonly accepted association between music training and cognitive ability. Professional musicians, nonprofessionals with music training, and musically untrained individuals (N = 642) completed measures of musical ability, personality, and general cognitive ability. Professional musicians scored highest on objective and self-report measures of musical ability. On personality measures, professional musicians and musically trained participants scored similarly but higher than untrained participants on agreeableness, openness-to-experience, and the personality metatrait stability. The professionals scored higher than the other 2 groups on extraversion and the metatrait engagement. On cognitive ability, however, they were indistinguishable from untrained participants. Instead, musically trained nonprofessionals exhibited the highest cognitive ability. In short, professional musicians differed from other individuals in musical ability and personality, but not in cognitive ability. We conclude that music training predicts higher cognitive ability only among individuals who do not become professional musicians.

*Keywords:* music, training, cognition, personality, learning

**Bernardo P. Cavalheiro (1)**, Marília Prada (1), David L. Rodrigues (1)  
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## Oral Communication

Will you send me an emoji if I send you an emoji? Effects of emoji use and reciprocity on communication outcomes

Studies focused on the outcomes of computer-mediated communication and online interactions have risen in recent years, particularly those examining implications of using emoji. Research has shown that individuals use emojis to complement or infuse emotionality in their written communication, or to clarify their intentions, with different emoji influencing message interpretation. Recent studies suggest that when both interlocutors use emoji, thus matching each other's communication style, reciprocity in the communication process might contribute to the positive impact of emoji use. In an experimental study (N = 431), we tested if emoji use influenced the inferences made about a sender (i.e., perceived warmth, competence) and the communication outcomes (i.e., perceived message efficacy, positivity), particularly when both interlocutors used emoji (i.e., communication style reciprocity), in a context of professional communication. We also explored if emoji varying in valence (i.e., negative, neutral, positive) would elicit different interpretations. Participants were randomly assigned to one of the conditions in a 3 (Reciprocity: no reciprocity vs. reciprocity without emoji vs. reciprocity with emoji) x 4 (Emoji: Control, Flexed Biceps, Thumbs Down, Writing Hand) between-participants design. Preliminary results showed no main effects of reciprocity. However, we observed a main effect of emoji used on perceived warmth, with messages with being perceived as warmer and more positive when compared with all other emoji conditions. Messages with were also perceived as more efficient when compared with the control condition. A marginal interaction effect between emoji used and reciprocity was observed for perceptions of competence. Implications of the current findings will be further discussed.

*Keywords:* communication, emoji, computer-mediated communication, experimental design, social psychology

Catarina Cabrita (1), Ana Patrícia Duarte (1)  
(1) *Iscte - Instituto Universitário de Lisboa*

## Oral Communication

Passionately demanding: The role of passion for work in the relationship between work demands and affective well-being

In a world that is marked by exponential evolution and uncertainty, work demands are growing and becoming increasingly present in the organizational reality. Work demands are stressors for people who are targeted by them, bringing with them certain psychological and physiological costs. In this case, the promotion of workers' well-being is a relevant issue that dictates a large part of the actions taken in the workplace and, as a result of this, the work passion is one of the foundations in the daily encouragement of working life. This study proposes a new approach to work demands and explores how they relate to affective well-being when the passion for work comes into the equation - in which the individual also participates in how demands are exposed and influence the levels of well-being. Data collection was carried out through the development of an online questionnaire and the sample consists of 515 participants who had been working in the same organization for at least 6 months. The results reveal that the way demands are exposed influence the predominant type of passion and, depending on this, the effects on the workers' affective well-being are determined, having a positive or negative impact. Harmonious passion emerges as a personal resource in this context, having the power to prevent negative affective states in relation to work, while obsessive passion ends up being a demand itself and has an even more impactful association in affective well-being.

*Keywords:* Work demands, work passion, affective well-being, challenge stressors, hindrance stressors.

**Cláudia Ramos (1)**, Joana Baptista (1), Alfredo Pereira (2)  
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## **Oral Communication**

Early mother-infant relationship and the development of executive function during the first year

There is a well-established association between executive function (EF) in the preschool years – the set of high-level processes responsible for our goal-directed ability to control attention and action – and major developmental outcomes. Far less is known regarding its precursors in early infancy where EF abilities are very limited but undergo the first major transitions. The few studies are focused on infant-driven effects and ignore the potential role of parenting. We propose to measure directly, using a prospective study in the first year, the association between the quality of mother-infant relationship (sensitivity, non-intrusiveness, and attachment) and infant's (emergent) EF, in particular Inhibitory Control. Our workplan includes a longitudinal study with three assessment moments (6, 10 and 12 months of age) with measures of mother-infant relationship, infant behavioral measures in visual attention and EF tasks, and measures of cortical maturation in frontal areas (measured by resting frontal EEG Alpha Power).

*Keywords:* executive function, infancy, mother-infant relationship, attachment, EEG



**Cristina Caimari (1)**, Andrés Di Masso Tarditti

(1) *Universitat de Barcelona*

## **Oral Communication**

### Political subjectivation and social change: A psychosocial analysis of Catalan independentist protests

This presentation explores the experience of political subjectivation in Catalan independence movement. In 2012, Catalonia's national day ('la Diada') gave rise to several large-scale demonstrations where the main demand was the independence from the Spanish state. From that moment, several mass mobilizations, institutional acts and judicial proceedings have shaped the Catalan context as a paradigmatic protest cycle. I argue that this cycle of protest has involved significant changes in the psychological experience of ordinary citizens as political subjects transforming national and political identities, affects and practices. The methodological design was based on a qualitative approach that combined different data sources. I conducted thirty open-ended interviews and a focus group with ordinary citizens living in Catalonia following maximum diversity criterion. This data was complemented with participant observation of political events and demonstrations. Drawing on critical discursive and rhetorical psychology, political subjectivation is analytically approached as meaning-making practice focused on people's everyday engagement in social actions that enact, channel and contest political meanings. For this presentation I attend to the ways by which independentist protest is constructed by its participants and observers. My results show that several meanings coexist (and sometimes collide) in diverse articulations that: 1) enable or limit social change possibilities, 2) reshape national meanings and belongings. Finally, I discuss how this analysis sheds light on the interweaves of the political and the psychological world of nations.

*Keywords:* political subjectivation, social change, protest, discursive psychology, rhetorical psychology

David Guedes (1), Marília Prada (1), Margarida Vaz Garrido (1), Elsa Lamy (2), Inês Caeiro (2), Carla Simões (2)

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### Oral Communication

#### Sweet or trick? The influence of music in sweet taste detection and recognition

There is a growing acknowledgment that sound affects taste perception. Most research to date has showed that auditory stimulation changes the perceived intensity of tastes in foods and drinks. This literature suggests that audition may emphasize sensory properties that are already identifiable (e.g., sweetness in chocolate), yet it is unknown whether sound may play a similar role in enhancing detection and recognition of taste sensations when these sensations are more ambiguous. In this within-subjects experiment, we tested the effects of three sound conditions (high “sweetness” music, low “sweetness” music, and silence) on sweet taste recognition and identification thresholds. Participants tasted nine samples of sucrose solutions (with increasing concentrations from 0 g/L to 20 g/L) under each of the three sound conditions, in counterbalanced order. Taste detection and recognition thresholds were evaluated as the lower concentration at which participants were able to detect a taste sensation and correctly identify the underlying taste, respectively. Additionally, intensity and hedonic ratings of suprathreshold samples were compared. We expect to find an effect of auditory condition on the different measures of taste function explored here. If a crossmodal effect of music is to occur, then, the high “sweetness” music condition should lead to earlier detection and recognition of sweet taste, as well as higher intensity ratings in supra-threshold samples. These findings may contribute to a better understanding of the crossmodal mechanisms underlying taste perception and to inform future strategies for sugar reduction.

*Keywords:* crossmodal taste perception, taste detection and recognition, sweet taste, oral perception

**Edoardo Zulato (1)**, Lorenzo Montali  
(1) *University of Milano-Bicocca*

## **Oral Communication**

Is there anyone in there? Caregivers and professionals' co-construction of patient's consciousness and their mutual positioning to take care of vegetative state patients

The vegetative state is a condition in which a person is wakeful without being aware. To understand a patient who can be considered neither alive nor dead, caregivers and professionals re-define traditional identities, roles, and practices. By drawing on broader research on the social representations of the vegetative state, the current presentation will show how caregivers and practitioners positioned the patient and themselves within the institutional context of five nursing homes in Lombardy. Discourse analysis was conducted on 65 semi-structured interviews with 35 caregivers (sons, partners, parents) and 30 professionals (health, mental health professionals, and social workers). As a result, three different discourses to position the patient were identified: an organic, an interactional, and a possibilistic one. Their encounter both leads to disagreement and convergence. In particular, by taking each other's perspective, professionals and caregivers might converge toward the common ground of balanced hope, where the possibility for patients' awareness is neither fostered nor denied. In this space of possibilities, caregivers find a justification for their monitoring and patient stimulation activity and take on the role of spokesperson for the patient. This common ground allows them to communicate, justify their reciprocal action and acknowledge their roles and expertise in taking care of the patient.

*Keywords:* vegetative state, healthcare community, mutual positioning, social representations, discourse analysis

**Edwin Salehi (1)**, Sónia F. Bernardes (1), Carmen Ramírez-Maestre (2)  
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### Oral Communication

Pain-related validating responses from significant others: Psychometric study of the Validating and Invalidating Responses to Pain Scale (VIRPS) among Portuguese chronic pain population

Pain-related validating responses from significant others: Psychometric study of the Validating and Invalidating Responses to Pain Scale (VIRPS) among Portuguese chronic pain population. Objectives Investigating the psychometric properties of a novel self-report measure of pain-related (in)validating responses from significant others: The Validating and Invalidating Responses to Pain Scale (VIRPS). Method Two hundred and twenty-four individuals with chronic pain and involved in a romantic relationship (85.3% women), aged between 19 to 75 (M=45, SD= 10.9), participated in this study and filled out the VIRPS, as well as, the Portuguese version of Emotional Regulation Questionnaire- Suppression subscale (ERQ; Brandão et al., 2017), Informal Social Support for Autonomy and Dependence Inventory (ISSADI; Domingues and Bernardes, 2014), Relationship Assessment Scale (RAS; Santos et al., 2000; revised by Lind, 2008), Brief Pain Inventory (BPI; Cleeland, 1989), The World Health Organization Quality of Life (WHOQOL-Bref; Canavarro, 2009). Results Preliminary results of the exploratory factor analysis (EFA) of VIRPS revealed one factor structure with high reliability (Cronbach's  $\alpha=.94$ ). Using bivariate correlation analyses we will test VIRPS convergent/discriminant and criteria-related validity. As for the convergent/discriminant validity, we expect VIRPS to be positively associated to significant other's support for functional autonomy and dependence. As for criteria-related validity, we expect more significant other pain validation will be associated with better emotional regulation, higher relationship satisfaction and better pain outcomes and quality of life. Conclusion The preliminary findings of this study show that VIRPS is an innovative and reliable measure of validating and invalidating responses in the context of pain.

*Keywords:* (in)validating responses, significant others, chronic pain, psychometric study

Elena Piccinelli (1), Christin-Melanie Vauclair (1)

(1) *Iscte, Cis\_Iscte*

## Oral Communication

### The manifestation of gendered xenophobic microaggressions: A qualitative study

Over the years, blatant expressions of discrimination have been replaced by more subtle ones. As such, the concept of microaggressions was introduced to describe subtle and everyday slights, indignities, and insults experienced by minority groups. Much research about microaggressions has focused on the experiences of women and other minority groups, such as racial and ethnic minorities, which usually comprise second and further-generation immigrants, while studies on first-generation immigrants are scarce. Furthermore, despite the increasing number of studies on intersectional microaggressions, the experiences of first-generation immigrant women have been generally overlooked. To address this gap, ten focus groups were conducted with a total of 51 adult immigrant women who were born in the Community of Portuguese Language Countries and were living in Portugal for more than three months. Starting from a list of incidents of racial and gender microaggressions, participants were asked to share their own experiences. Qualitative thematic analysis showed that most of the reported microaggressions fitted themes previously developed in the literature, such as assumptions of inferiority, second-class citizenship, exoticization, and sexual objectification. Nonetheless, we found new themes that reflect how subtle anti-immigrant prejudice is intertwined with Portugal's colonial history, such as language discrimination and expressions of lusotropicalism. The present study is the first to investigate the experiences of microaggressions of first-generation immigrant women in Portugal, but also adds new themes to the literature. Further studies are warranted to understand if these themes apply to other countries with a similar colonial history, such as Spain, the UK, and France.

*Keywords:* microaggressions, immigrant women, intersectionality, qualitative methods, Portugal

**Francisco Cruz (1), André Mata (1)**

(1) *CICPSI, University of Lisbon*

## **Oral Communication**

Are humans intuitive mind-body dualists? Replacing a two-system account with a two-level account

Some authors have argued for a natural tendency of individuals to consider the world as a conjunction of material and immaterial elements, or objects and agents – coined intuitive mind-body dualism. First, we explore potential antecedents to dualist beliefs about psychological phenomena. Domains associated with high and low first-person subjective experience were associated with immaterial (mind, spirit, or soul) and material (brain) parts of people, respectively. Moreover, we reframe intuitive dualism as one level of dualist beliefs, which co-occurs with deliberate dualist beliefs. When responding under time constraints, participants associated psychological domains more with an immaterial basis, and this was particularly the case for high first-person subjective experience domains. Deliberate dualist beliefs are somewhat anchored on intuitive dualism, since participants reported experiencing more conflict for those domains in which constrained and unconstrained responses differed more (i.e., high first-person subjective experience). Considering dualist intuitions and beliefs about psychological phenomena is important for scientists because domains that were associated with immaterial parts of people were conceived as less under the scope of scientific explanation.

*Keywords:* first-person subjective experience, intuitive dualism, folk epistemology, lay beliefs, intuitive theories

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## Oral Communication

### Crime Stereotypicality and Severity Database (CriSSD): Subjective norms for 63 crimes

The current study presents subjective rating norms for a set of 63 crimes, providing normative data of these crimes on three dimensions: White-stereotypicality, Black-stereotypicality and crime severity. The crimes were selected according to a procedure that involved identifying 1) the most reported crimes, overall and by Race, in official reports, and 2) the crimes that have been used in the literature of Social Psychology. We organized the selected crimes according to the taxonomy of a national Penal/Criminal Code and additional specific laws, ensuring that all overarching categories were represented in the selection, with no repetition in the gradation of the same crime (e.g., simple, severe). A total of 340 participants answered an online survey. Each crime was evaluated by a range of 46 to 60 participants. Descriptive data (means, standard deviations, and 95% confidence intervals) for each crime across the three dimensions are presented. Crime evaluations were influenced by sociodemographic characteristics of the perceiver (i.e., sex, age, and educational level). Crime severity was predicted by ratings of Black-stereotypicality but not of White-stereotypicality. Possible applications of this material are discussed. The Crime Stereotypicality and Severity Database (CriSSD) is available online (at the OSF platform) so that researchers can select materials according to their necessities.

*Keywords:* crime stereotypicality, crime severity, normative data, subjective ratings, crime rating norms

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## **Oral Communication**

Pride against prejudice: A "social cure" for minority stress among lesbian and gay people

Extensive evidence shows that lesbian and gay (LG) people suffer disproportionately more from mental health disorders than heterosexual individuals due to their exposure to stressors associated with LG people's minority position in society (i.e., minority stress). At the same time, LG people are not powerless against minority stress. Many LG people use their social identity as a coping strategy with the degree to which they connect or detach themselves from the LGBTQ+ community. However, studies have narrowly focused on the adverse health outcomes of minority stress rather than how LG people cope with it. The present study examines whether the relationship between minority stress and mental health varies due to the degree to which LG people connect or separate from the LGBTQ+ community. We will also explore if cultural orientations (i.e., self-construal) and perceptions of intergroup relations (i.e., legitimacy, stability, and permeability concerning the heterosexual outgroup) factor in LG people's inclination for either identity coping strategy. We collected a sample of LG people (n = 250) living in the United Kingdom, where we asked them to fill in an online survey. The study is currently ongoing; however, we will present the preliminary results of our analysis. We expect individual and collective strategies to mediate the relationship between minority stress and mental health, with group resources being more health-enhancing. We also foresee interdependent self-construal and perceived legitimacy, stability, and permeability to moderate the association between minority stress and group coping, drawing LG people towards their LGBTQ+ ingroup.

*Keywords:* minority stress, mental health, LGBTQ+, culture, social identity



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## **Oral Communication**

A mutuality approach to refugees' acculturation and adaptation: Addressing the "causality crisis" with meta-analytical, longitudinal and experimental cross-national comparative studies

Taking a mutuality approach to acculturation, we provide a robust test of the role of perceived concordance/discordance of refugees' own acculturation preferences and the preferences of the mainstream society. We extend the literature by (a) meta-analytically, (b) longitudinally, and (c) experimentally testing the Concordance Model of Acculturation (CMA) and investigating how it predicts refugees' cross-cultural adaptation. First, we conduct a meta-analysis of studies testing CMA among refugees. Then we longitudinally examine and extend the predictions of CMA in two countries (Portugal, Turkey), allowing cross-national comparisons and examining the impact of context (e.g., refugee group size). Finally, we do so experimentally, manipulating the perceived concordance of acculturation preferences of refugees. Together, these studies will clarify the strength of the association between concordance of acculturation preferences and adaptation and the directionality of this link. This project is a response to the "causality crisis" and the call for robust designs in acculturation research.

*Keywords:* refugees, acculturation, adaptation

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## **Oral Communication**

Interoceptive awareness and psychosocial adjustment to chronic pain: The mediator role of self-efficacy and fear avoidance feelings, beliefs and behaviors

Chronic pain is a public health problem and in addition to its biological factors, the psychosocial dimension has been extensively investigated. Reduced interoceptive awareness, i.e. the ability to feel, interpret and integrate internal body states and their relationships with emotions and cognitions (Mehling, et al., 2012) is frequent in patients with chronic pain, being associated with several psychosocial (dis)adjustment factors to pain such as affective distress and disability. However, processes underlying such relationships are less studied. Through this cross-sectional study, we tested the mediator role of self-efficacy and fear-avoidance feelings, beliefs and behaviors in the relationship between interoceptive awareness and pain-related outcomes. Adults with chronic musculoskeletal pain (n=173) were assessed in regards to their interoceptive awareness (Multidimensional Assessment of Interoceptive Awareness) and pain-related psychosocial processes and outcomes (Depression Anxiety Stress Scales; Brief Pain Inventory; Medical Outcomes Study-36, Pain Catastrophizing Scale; Tampa Scale of Kinesiophobia; Patterns of Activity Measure-Pain; Pain Self-Efficacy Questionnaire). Implications and future directions are discussed.

*Keywords:* chronic pain, interoceptive awareness, pain-related psychosocial outcomes

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## **Oral Communication**

### Membership of a voluntary organisation among older Europeans: A question of values

Numerous studies have reported the beneficial effects of volunteering on the elderly (Gil-Lacruz et al., 2018; Krause & Rainville, 2018). However, research on the reasons why seniors do or do not volunteer is not as widespread. The aim of this paper is to analyze how dimensions of national culture explain the relationships between age and volunteering in Europe. In addition, it investigates which cultural values guide older volunteers to choose one type of organization or another (Social, Professional and Political Awareness, Education and Leisure, and Religion). Longitudinal data from the World Values Survey and longitudinal data from the European Values Survey (EVS) are merged to create the Integrated Values Survey (IVS) database using the protocol provided by the WVS. We use individual-level data from the Integrated Value Surveys (IVS) dataset and macro-level data from the World Bank. This enabled assessment of these relationships using a multilevel analysis of European individuals. The results obtained help to characterize senior volunteering in Europe, and test the influence of values (traditional/secular, and survival/self-expression). Firstly, on whether or not to volunteer, and secondly, on the choice of the type of category.

*Keywords:* values, membership, organizations, age, gender

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## Oral Communication

### Near and far-transfer effects of music training: A longitudinal study with children

There is an increasing interest in the idea that music training might improve non-musical abilities, that is, that have consequences that generalize beyond the trained skills, such as IQ or language (referred to as far-transfer). However, whether and how music training affects socio-emotional skills has been poorly explored. Moreover, transfer to domains closely related to music (referred to as near transfer) is often presumed to exist and has attracted less attention. We conducted a longitudinal study with 6- to 8-year-old children to examine possible near and far-transfer effects of music training, particularly on socio-emotional skills. The study included pre-test, training and pos-test phases, in three conditions: an experimental music training condition (Orff- based training,  $n = 37$ ), an active control condition (basketball training,  $n = 40$ ), and a passive control condition (no training,  $n = 33$ ). The training programs were conducted over two school years (2019-2020, 2020-2021). Children were assessed before and after training regarding auditory and motor skills, as well as global cognition and executive functions. Moreover, emotion recognition in auditory (speech prosody, non-verbal vocalizations) and visual modalities (faces), and higher order socio-emotional abilities (empathy, emotion comprehension, and social functioning). We found evidence for near-transfer effects of music training on auditory discrimination and motor skills, as compared to the active and passive control groups. On the other hand, we found no significant effects of music training on any socio-emotional measure. These findings might inform debates on the use of music as an intervention tool in clinical and educational settings.

*Keywords:* cognitive neuroscience, transfer effects, socio-emotional ability, music training, children

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## **Oral Communication**

Moral typecasting and perceptions of victims and perpetrators of sexual assault: The role of gender stereotypes and sexual orientation

When sexual assault victims do not conform to the stereotypical sexual assault scenario (i.e., stereotypically feminine women as victims of male strangers) they are often stigmatized after the assault. A possible explanation for such biases is Moral Typecasting, a theory stating that people perceive a moral act as having a moral agent (a person morally responsible for the action) and a moral patient (a passive sufferer of its consequences). This project aims to contribute by proposing Moral Typecasting as a psychological mechanism underlying the perceptions of victims and aggressors in non-stereotypical sexual assault cases. It also aims to understand its impact on prosocial behaviours towards sexual assault victims. Finally, we seek to understand how intraindividual variables may explain differences in perceptions and proclivity to help the victim, as well as victim's characteristics (specifically sexual orientation) that seem crucial in social judgements towards sexual assault victims but have not been sufficiently explored.

*Keywords:* stereotypes, gender, sexuality, sexual assault, moral typecasting

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## **Oral Communication**

The relationship between responsible leadership and individual work behaviors mediated by affective commitment

In recent years, there have been scandals in the organizational world triggered by ethical lapses. These scandals discredit organizations, namely, in the way they operate in the market and the type of leaders they have, which has created tension in the relationship and trust of their stakeholders (Voegtlin et al., 2012; Waldman & Siegel, 2008). In response to this problem, a new type of leadership has been proposed: responsible leadership. This new leadership allows responding to the challenges that organizations are facing. The present study analyzes how responsible leadership explains individual work behaviors (individual performance and organizational citizenship behaviors) through the mediation of affective commitment. As a way of testing the proposed research model, a cross-sectional correlational quantitative methodology was used. The data was collected through an online questionnaire. 298 employees from different organizations operating in Portugal responded, voluntarily and anonymously, to the questionnaire. Data were analyzed using the PROCESS macro. The results indicated the existence of a significant relationship between employees' perceptions of responsible leadership and their individual work behaviors. Furthermore, affective commitment significantly mediates the relationship between responsible leadership and individual work behaviors, specifically individual performance, and organizational citizenship behaviors. This study reinforces the idea that organizations can increase their employees' affective commitment and, consequently, increase their individual performance and organizational citizenship behaviors by promoting the adoption of responsible leadership behaviors by their leaders.

*Keywords:* responsible leadership, affective commitment, individual performance, organizational citizenship behaviors

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## Oral Communication

### Inside Out - Causal attributions of misbehavior of black and white students

Literature has long described a gap between Black and White students in education. This gap is very well documented in achievement (Lee, 2002), university entrance (Roldão, 2015), and completion (e.g., Wong et al, 2021). More recently the explanation for this gap has been linked with a discipline gap (Gregory et al., 2010), in which Black students are ascribed more severe sanctions for similar behaviors than White students. Furthermore, the gap in suspension rates was found to account for approximately one-fifth of Black-White differences in achievement (Morris & Perry, 2016). We will present a study with pre-service teachers where we aimed to understand if more severe sanctions would be ascribed for similar instances of misbehavior of Black and White students. In this study, we presented instances of misbehavior of Black or White students and asked teachers to report the perceived severity and the sanction they would ascribe. In a general population sample, we analyze if this effect is mediated by causal attributions, namely if Black students receive more internal attributions for their misbehavior resulting in a more severe sanction. Results will be discussed considering causal attributions theory.

*Keywords:* education, racism, causal attributions, stereotypes

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## **Oral Communication**

Rupture resolutions as a relational task: Analysis of two processes in the context of psychotherapy

The Therapeutic Relationship as being one of the most researched common factors in Psychotherapy. According to Safran and colleagues (1990), we can accept fluctuations in the Alliance, that can generate ruptures in the bond between therapist and client, and agreement on the goals and tasks of the therapeutic process. Subsequent rupture resolution can increase the Alliance and efficacy of the therapeutic process. Research suggests that we need a better understanding of the moment-by-moment analysis of the therapist's movements and resolution tasks to increase the quality of the Alliance and promote symptom reduction, and behavioral, emotional, and cognitive modifications. We hypothesize that therapists that are more aware of possible ruptures and identify them, can offer a resolution according to the client's preferences and certain tasks can be more effective to rupture resolution. Using a Single-Case Analysis design, we'll analyze two adult clients in single therapy, from two different therapists (CBT and Psychoanalytic Psychotherapy) with at least 3 years of clinical experience. With informed consent, 12 sessions from each client will be recorded and results will be processed using the Rupture Repair Resolution System and the Working Alliance Inventory. We expected that results will show that the gains in the Therapeutic Relationship, Therapeutic Alliance, and overall therapy satisfaction will be from the sessions where ruptures can be identified and resolved. Also, we expect that empathic and experiential tasks can significantly influence the quality of the Alliance and Therapeutic Relationship.

*Keywords:* therapeutic alliance, ruptures, psychotherapy, tasks, therapeutic relationship



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## Oral Communication

### Inhibiting facial responses to posed and authentic emotional vocalizations: Effects on perceived authenticity and contagion

Understanding another person's facial expression might require us to activate the same neural processes involved in producing that expression. Supporting this assumption, studies have reported increased activity in facial muscles and in premotor and somatosensory cortices during facial emotion perception. Such activity contributes to more efficient emotion recognition, and disrupting it can interfere with performance. A key unresolved question is whether similar mechanisms extend to audition. In this between-groups study (N = 150; n = 75 per group), we asked whether inhibiting facial responses during listening to emotional vocalizations (genuine and posed laughs and cries) interferes with emotional authenticity and emotional contagion evaluations. Additionally, participants performed a cognitive task and completed questionnaires to assess trait levels of emotional contagion and cognitive empathy. Using mixed-effects models, we found that inhibiting facial responses impaired the ability to discriminate between posed and real vocalizations, but it did not affect the emotional contagion evaluations. Emotional contagion evaluations were affected by type of vocalization (laughs were more contagious than cries) and authenticity (genuine sounds were more contagious than posed ones). These results point to a role of sensorimotor mechanisms in auditory emotional processing, while also suggesting that such mechanism might not generalize across tasks.

*Keywords:* inhibiting mimicry, laughter, cries, emotional authenticity, emotional contagion

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## **Oral Communication**

### The prostate cancer journey: A dyadic perspective on sexuality

Prostate cancer is the most frequent in men at the national and European level, being portrayed as a couple's condition. The different treatments have a negative impact on sexual and urinary function and satisfaction, as well as on the quality of life, with individual and relational repercussions. The present study aims to understand the dyadic dimension of the prostate cancer journey. Seeking 1) to identify the risk/protective factors of sexual and mental health in the couple and the member's inter-influence and 2) to understand the impact of the cancer diagnosis on partners on the female partners' sexual and mental health. This study will be developed as an extension of a multicenter study (Norte-01-0145-Feder-000057) that focuses on men diagnosed with prostate cancer, complemented with the perspective of the partners. It will be a longitudinal study with two moments: a) before the prostate biopsy and b) 9 months after, in a biopsychosocial approach, with measures of sexual and mental health (e.g., biomedical conditions, relational variables, personality traits) through a self-report questionnaire and clinical interview. There are an estimated 200 dyads participating, in two groups: with and without a prostate cancer diagnosis. We intend to go further by analyzing the dyadic dimension, understanding how the members are inter-influenced, and responding to the emerging need in the literature about the impact of partners' diagnosis of prostate cancer on female partner's sexual and mental health. In sum, bring knowledge about the relevance of the dyad and support to the partner in the prostate cancer process intervention.

*Keywords:* prostate cancer, sexual health, couple, dyadic approach, oncosexology

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## Oral Communication

Emot-ing with nature: The use of virtual nature to promote the emotion regulation and mental health of university students

The mental health of university students has been worsening over time. Anxiety, stress, and depression have been the most reported symptoms, which might be associated with difficulties in regulating negative emotions. Nature in virtual reality (VR) allows for exposure to stimuli that can be beneficial to all students, as studies show that it has a positive impact on their emotional and mental health. Yet, as a relatively new research area, more studies are needed to shed light on how virtual nature can be used to enhance emotion regulation and, parallelly, improve the emotional and mental health of university students. The project “Emot-ing with Nature” will contribute to this area with three experimental studies. Study 1 will pre-test the VR nature scenarios to be used in Study 2 and 3, and assess the students’ experience with virtual nature in terms of satisfaction and engagement. Study 2 will focus on exploring the strategies that are spontaneously used while regulating induced states of stress in virtual nature and pinpoint which ones offer greater positive effects. Study 3 will test the combined use of virtual nature and an emotion regulation tool based on audio instructions to help students cope with academic experiences typically associated with states of high stress (e.g., end of the semester/exam season). The findings of this project will be integrated into a guide to provide university communities with a brief VR intervention that combines the benefits of virtual nature and emotion regulation for students’ mental health.

*Keywords:* nature, virtual reality, emotion regulation, mental health, university students

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## Oral Communication

### Mentalizing while learning science: Insights from an eye tracking study

One of the arguments for using narrative materials to teach science is that they circumvent engagement and learning challenges by bringing out human and social elements of science (e.g., Avraamidou & Osborne, 2009). Yet, evidence that mentalizing processes are involved in narrative comprehension stems from studies with non-scientific narratives (e.g., Mason & Just, 2009). The present study has the goal of exploring the presence of mentalizing processes during the comprehension of a science narrative. Importantly, previous eye tracking studies have either looked at expository science texts (e.g., Ariasi & Mason, 2011) or at literary narrative texts (e.g., Mak & Willems, 2019). 44 participants read a science narrative while their eye movements were recorded, and were afterwards asked to rate the extent to which they had thoughts that involved mentalizing processes during reading, and to explain these thoughts more thoroughly. They also completed learning measures that tapped various comprehension levels, and well as tasks related to mentalizing, interest in science, contact with science, and contact with literacy. Data is currently being analysed. We expect that: 1) participants engaged in mentalizing processes during the comprehension of the science narrative; 2) that such engagement was captured by visual measures such as total reading time, number of fixations, and regressions; and 3) that it positively impacted learning. We hope our results shed light on how sociocognitive processes such as mentalizing are involved in the comprehension of science narratives, and that this knowledge can in turn inform science education practices.

*Keywords:* science narratives, science learning, mentalizing, sociocognitive processes, eye tracking

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### Oral Communication

Social representations of climate change and pro-environmental actions in Portugal:  
Understanding the role of political-ideological orientations, cultural values, and  
associated identities

The detrimental consequences of climate change have become increasingly visible worldwide, including in Portugal with heatwaves, droughts, and sea-level rise (Carvalho et al., 2014). The role of human behavior in addressing this global problem has already been recognized in both academia (Swim et al., 2011) and societally (e.g., COP26). However, so far climate change studies in Social and Environmental Psychology mostly focused on individual-level environmental attitudes and behaviors, leaving the political and cultural dimensions of those understudied. This study aims to address climate change not only as a problem of individual attitudes and behaviors but also as a political and cultural phenomenon. This project will contribute to that by using the Theory of Social Representations to examine representations of climate change in Portugal and how these are shaped by cultural, political-ideological orientations, and related identities. Three empirical studies will be conducted for that: (1) media analysis to understand how climate change, its solutions and associated political-ideological, cultural factors, and related identities are represented and communicated in Portuguese media, since the media holds an important role in shaping and mirroring citizens' representations (Caillaud et al., 2012); (2) focus groups and interviews to explore participants' daily understandings of climate change and related issues, like how those relate with social and place identities; lastly (3) representative survey to provide a national-level picture of Portuguese citizens' representations of climate change and related socio-psychological processes, namely, how those shape different types of pro-environmental actions and are shaped by political-ideological orientations, cultural values and associated identities

*Keywords:* social representations, climate change, cultural values, political-ideological orientations

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## Oral Communication

### Development of a digital intervention to promote adjustment to Systemic Lupus Erythematosus

**Background:** Systemic Lupus Erythematosus (SLE) is an autoimmune disease mostly prevalent among women with serious detrimental impact on their quality of life. Promoting women's adjustment to SLE is paramount. The existing apps for adults with SLE have poor quality and are solely focused on providing educational information, which comes mostly from questionable sources. Furthermore, psychological interventions that incorporate behavior change techniques (BCT) seem to be more effective than those that only provide information about the disease and treatment. As such, the development of theory and evidence-based digital interventions incorporating BCT to promote SLE adjustment is much needed. The aim of this study is to describe the development of a theory- and evidence-based digital intervention to improve women's SLE adjustment. **Method:** The intervention development followed the steps of the Intervention Mapping Protocol. In a first step we develop the logic model of the problem; then we defined performance objectives, determinants and change objectives; in step 3 we defined BCT and corresponding applications; then we've organized the content in modules, and defined the technical specificities of the intervention to start the digital intervention development. **Results:** The main results are a theory- and evidence-based digital intervention that has four main performance objectives, namely, to perform adaptive self-management strategies to (1) control symptoms and their impact on quality of life; (2) increase treatment adherence; (3) reduce distress; and (4) regulate physical activity levels. **Conclusion:** This innovative intervention will provide much-needed insights into the effectiveness and usability of digital interventions to improve women's adjustment to SLE.

**Keywords:** Systemic Lupus Erythematosus, adjustment, digital intervention

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## **Oral Communication**

Intergroup bonding, identification and prosociality in social dance:  
An interdisciplinary study of interpersonal and neurochemical processes

Historical and ethnographic research has shown that dancing together with others can lead to group bonding. This Ph.D. project will empirically examine the interpersonal behavioral and neurochemical processes involved in social dancing, taking an interdisciplinary approach to comprehensively characterize the socio-psychological benefits of social dancing. I posit that intergroup identification, bonding, and prosociality are brought about by an increase in endogenous oxytocin, stemming from the high levels of interpersonal touch and interpersonal synchrony during social dancing. Using a naturalistic and intergroup paradigm to test my hypotheses, the aim of this project is to provide findings that are generalizable across social dance forms and populations, which can lead to effective intergroup, behavioral, and social cohesion interventions. This project will include the first longitudinal study to explore the neurochemical and interpersonal processes involved in social dancing. Simultaneously, interpersonal touch and interpersonal synchrony will be directly tested as underlying mechanisms, within a cross-sectional study design.

*Keywords:* social dance, intergroup bonding, oxytocin, synchrony, touch

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## **Oral Communication**

What can an Emoji tell me? An eye-tracking study about inferring processes regarding identity

Technological breakthroughs at the turn of the 20th century have transformed how people communicate with one another. With the rise of instant messaging services, new paralinguistic signals for expressing affective and social meanings have emerged. One such signal is the emoji, which has seen widespread use and has a vast range of content, namely facial expressions and human features. Nowadays, these emojis allow users to select a skin tone. This selection may impact how others perceive those users. Our study aimed to examine the effect of skin tones in both emojis and sender's profile pictures on impression formation processes. To understand these processes, we measure participants' ratings of sender and receiver competence, sociality, race, and relationship quality. Moreover, as a novel addition, we explored the gaze pattern during chat reading. Such measures allow the unraveling of the cognitive processes underlying impression formation. In the procedure, first, participants read typical message exchanges as their eye movements were registered. They then evaluated the sender and receiver's competence, warmth, race, and relationship quality and they have to remember which emoji appeared on the chat. The messages included an emoji with either a light, dark, or default skin tone (i.e., yellow), as well as a profile photo with a light, dark, or absent skin tone (e.g., landscape photo). The results will allow a better understanding of the complex social processes involved in impression formation that might be associated with social discrimination.

*Keywords:* emoji, text messages, impression formation, social discrimination, eye tracking



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## **Oral Communication**

Studying and dwelling: Processes and relationships of urban coexistence in university cities, between urban spaces, public participation, and person-place bonds

Dwelling is a relational construct which reflects interpersonal processes with others and with places. Particularly, it is related to Self-narratives, to the quality of urban coexistence, and to place-making processes. Within the framework of contemporary cities, dwelling has to face the anthropological transformations which are involving urban life, such as urbanization, transnational urbanism, and superdiversity. In this scenario, universities have fundamental role due to their transformative functions on cities. Nonetheless there is paucity of research that consider university students' social participation practices and their influence on dwelling. Furthermore, dwelling calls into question the issue of non-resident students' mobility, which could represent a liminal space in which they are no longer city users, but not yet city dwellers. Therefore, participation practices could engender liminality conditions related to biographical turns. Within a social constructionist background, students' public participation practices will be explored through theories of practices and person-place bonds. Concerning biographical turns I will refer to the concept of "porosity" and to the theory of liminality. Consequently, the research aims at deepening students' public participation practices and their consequences on place making and biographical turns. Qualitative methodologies will be considered. The research develops a comparison between two urban contexts. The first city will be Bologna, while the second one has not been defined yet. A methodological triangulation will be adopted, using 1) Ethnography, through participant observation and ethnographic interviews; 2) Biographical interviews; 3) Map of participation practices. Analysis procedures will imply: 1) Interpretation of ethnographic notes; 2) Reflexive thematic analysis; 3) Georeferencing.

*Keywords:* university students, person-place bonds, public participation, liminality, dwelling

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## Poster Communication

Is it possible to measure the real behavior online? Validation of the proprietary web application as a tool for measuring pro-ecological commitment

Over the last few decades in social psychology, we have been observing a process of departing from the study of real behavior. The same is observed in the area of environmental research. Measures related to pro-ecological attitudes and behaviors, widely used in science, also predominantly involve questionnaire methods. These, however, are primarily based on the respondents' declarations, which, for various reasons, may differ from their actual behavior and may not reflect reality in its exact approach. To oppose this alarming trend and show the value of measuring real behavior, we decided to create an interactive web app called We♻️Cycle, the plot of which was embedded in an ecological theme. We then correlated the results obtained from the app with the most popular questionnaires to measure pro-ecological attitudes and behaviors and the actual behavior measured in an additional step. We also controlled people's conscientiousness, grit, and motivation to perform tasks within the application. All of the above aimed to validate the tool as a reliable indicator of pro-ecological commitment. During the conference, we will present the results obtained, which show that the We♻️Cycle app can be an interesting alternative to the current methods of measuring pro-ecological commitment. We would also like to encourage the academic community that research on the Internet does not have to rely solely on questionnaire measurements and that, as researchers, we can use this space much more effectively.

*Keywords:* social psychology, pro-ecological behavior, web app design, studying real behavior

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## Poster Communication

Facilitators and barriers to condom use for Portuguese and Spanish young adults:  
Preliminary evidence from the Prevent2Protect Project

People more focused on prevention are driven by safety and seek to avoid adverse outcomes (e.g., more likely to enact protective behaviors in the pursuit of safety), whereas people more focused on promotion are driven by pleasure and seek to attain positive outcomes (e.g., more likely to take risks with their health in the pursuit of pleasure). However, there is a dearth of research examining how individual motives for safety and pleasure (i.e., regulatory focus) shape condom use perception and knowledge. In a pre-registered online survey with Spanish and Portuguese adults ( $N = 742$ ;  $Mage = 31.42$ ,  $SD = 9.16$ ), we examined how individuals construe the condom(less) use experiences, by asking them to indicate situations and reasons in which its use would be more likely. Participants were also categorized according to their predominant regulatory focus in sexuality. Preliminary results from a thematic analysis indicate that condom use is more likely when the partner(s) are perceived to be high-risk and when people have concerns about unwanted pregnancies. In contrast, condomless sex is more likely when people are under drug/alcohol influence, know their partner(s), and have no condoms readily available. Even though results are consistent for both regulatory focus groups, there is a tendency for prevention focused participants to endorse more security concerns, and promotion focused people to endorse more pregnancy and self-control concerns. These findings highlight how individual motives modulate knowledge and decision-making in sexual health, which is highly relevant for the development of intervention strategies.

*Keywords:* regulatory focus, prevention, promotion, condom, sexual health

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## **Poster Communication**

The effect of socially responsible human resource management on voice behaviors:  
The mediating role of perceived fulfillment of the psychological contract

Voice behaviors are a form of employee participation in organizational life. Specifically, informal communication of work-related ideas, suggestions, and concerns has a central impact on the performance and sustainability of companies. However, this level of employee proactivity and involvement depends, among numerous factors, on the nature of people management practices and processes that take place in the organizational context. The present study proposes to examine the relationship between the adoption of socially responsible human resource management (SR-HRM) practices and the propensity to adopt voice behaviors considering the potential mediating role of the perceived fulfillment of the psychological contract. A correlational study was carried out with 259 workers from different organizations, which showed the existence of a positive relationship between SR-HRM and voice behaviors. However, the perceived fulfillment of the psychological contract does not mediate this relationship. The results are discussed taking into consideration the theoretical and practical implications related to the promotion of socially responsible human resource management practices.

*Keywords:* socially responsible human resource management; fulfilment of the psychological contract; voice behaviors

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## Poster Communication

Are informal caregivers dehumanized? The impact of belief in a just world on the minimization of their suffering

Informal caregivers undertake unpaid care in the intimate environment of those who have limitations in their physical, mental or cognitive functioning. Research has highlighted the negative consequences for their health and well-being, however, the study of how they are perceived has been almost completely neglected. The lack of attention received by such a large group that provides a significant contribution to society seems paradoxical. In three studies we examine if informal caregivers are dehumanized (Study 1, 2 and 3) and if Belief in a Just World (BJW) is a legitimizing mechanism of their disadvantaged situation (Study 2 and 3). In study 1, 140 Portuguese newspaper articles were analyzed using thematic analysis. In Study 2, 155 participants (Mage = 30.04; 80% female) and in Study 3, 188 participants (Mage = 24.77; 88.3% female) were randomly assigned to two experimental conditions (Study 2: female informal caregiver target vs female target; Study 3: male informal caregiver target vs male target), completed a Free Word Association Task and measures that may impact the perception of suffering of informal caregivers. All studies showed that informal caregivers were dehumanized (they were perceived with Human Nature traits but with a lack of Uniquely Human traits), and that BJW had a unique impact on the minimization of their perceived suffering (Study 2). We hope these two studies may contribute to better understand the mechanisms that explain the lack of attention received by informal caregivers and can be the basis of interventions that aim to improve their situation.

*Keywords:* belief in a just world, dehumanization, informal caregivers, justice perceptions

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## Poster Communication

### SQUARC effect and luminance preferences on vertical and diagonal axis

Literature on the topic of Spatial Quantity Association of Response Codes (SQUARC) has established strong associations between horizontal position and quantity: lower quantities left, higher quantities right, as mimicked by the number string on everyone's keyboard. This effect has been largely documented in terms of response speed and judgment accuracy. Recently, Löffler et al (2022) investigated whether stimuli that are SQUARC compatible for luminance are preferred to those that are incompatible. The present research aims to replicate those findings with two novel studies. The first study adds a vertical manipulation predicting that stimuli that are brighter and on top or darker and at the bottom are preferred to those that are darker and on top or brighter and at the bottom. Participants (N=296) rated 64 stimuli, 34 of them vertical. Effects for SQUARC compatible preferences were found for both the horizontal ( $d_z = 0.19$ ,  $p < .001$ ) and the vertical ( $d_z = 0.22$ ,  $p < .001$ ) manipulation, attesting the robustness of the luminance SQUARC effect. The second study adds a 45° degree rotation manipulation in which a given stimulus can be simultaneously horizontally and vertically (in)compatible or horizontally (in)compatible but vertically (in)compatible. A pre-test (N=48) was conducted to understand whether a between- or within-subjects design is more suitable. The within-subjects design was selected for this pre-test and it returned a null finding. In future, we shall conduct studies with between-subjects design and using only diagonal stimuli to further understand the affective consequences of SQUARC compatibility.

*Keywords:* SQUARC, mental quantity line, spatial-luminance association, fluency, continuous magnitudes

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## **Poster Communication**

A look at a better future: The impact of the ad model's eye gaze direction on promoting animal conservation behaviors

Social marketing has been raising awareness and changing consumer behaviors regarding the progressive deterioration of biodiversity and natural resources. Since the presence of a face and the gaze direction (direct vs. diverted) affects advertising effectiveness, we aim to test if the effects also extend towards the advertised product and the cause associated with the campaign. In our study, we manipulated an advertising campaign, that either contained an endangered animal facing a product (diverted gaze), facing the participant (direct gaze), or a control condition without the animal. Participants were randomly assigned to one of those conditions, and in this period, the eye gaze was registered. Then, they answer a questionnaire, to understand how the gaze direction of the ad model influences the perception and attitudes towards the brand, product, cause, and animal. It is expected that in the diverted gaze condition there is increased attention and memorization of the product and the brand compared with the other two conditions. Moreover, the willingness to pay and the perception and attitudes towards the brand, product, and animal should be enhanced in the diverted gaze condition. The results of this study will contribute to improve social marketing efficacy in campaigns associated with animal conservation by considering the impact of the presence of face and the direction of the gaze.

*Keywords:* eye gaze direction, attention, social marketing effectiveness, animal conservation behaviors

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## Poster Communication

Magistrates' perceptions of psychosocial assessment contributions in juvenile justice cases

This study aims to understand the magistrates' perceptions of social and psychological assessment contributions in juvenile justice processes; as well as the interactions developed between magistrates (prosecutors or judges) and technicians (psychologists or social workers) within this scope. For this purpose, 12 semi-structured interviews were conducted with magistrates in Portuguese Juvenile Courts, using a content analysis approach. The results indicate that magistrates point the Portuguese Juvenile Law as a model aimed at the integration of young people into life in society by using judicial measures more suitable to approach delinquency or deviant behaviors. Simultaneously, an expressive valuation is assigned to psychosocial assessment and follow up of juvenile justice cases by contributing to informed judicial decision making. In this regard the fundamental role played by social technicians is highlighted through the production of technical documentation (psychosocial reports and forensic psychological expertises) and monitoring of socioeducational measures. The conclusions of the study point to a broad judicial acknowledgment of technical-expert knowledge into juvenile justice cases, as well as high interdependence and cooperation in pre and post sentencing period between magistrates and social technicians.

*Keywords:* juvenile justice; psychosocial assessment; magistrates' perceptions



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## Poster Communication

### Gender affirmation affects sex life

Method: Systematic review was registered on PROSPERO and followed the PRISMA Guidelines. 13 qualitative articles were included in the review. Thomas and Harden's (2008) thematic synthesis was used to conduct the systematic review. The synthesis had three stages: (1) coding text (2) developing descriptive themes (3) generating analytical themes. In conducting the analysis, a thematic field that was not directly related to the research question emerged, namely "Gender affirmation affects sex life". Results: This theme is about how the process of gender affirmation (GA), both social and medical, changed the way transgender people felt about their bodies, and therefore changed their sexual behavior and sense of attraction, as well as the ways in which they expressed their gender. Physical body changes meant that gendered embodiment could translate into sexualized embodiment. The biggest influence of GA on sex life is being more confident, which could appear in: (1) less fear of rejection, (2) exploring new sexual preferences (3) confidence in own sexual identity. What is interesting, is the interaction between sexual self-esteem and body changes provided to rewriting the rules about gender roles in sex. Additionally, many transgender men reported increased feelings of sexual desire but also a change in sensitivity to sex orgasm. Implications: Clinicians can become aware of the importance and impact of gender affirmation on the sexual lives of transgender people. Especially as for some transgender people, this can be the moment to begin full sexual development, which was previously overlooked due to gender dysphoria.

*Keywords:* transgender, gender affirmation, sexuality, sex life

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## Poster Communication

Help! I need somebody: The mental health of university students during the second year of COVID-19

Students' admission to higher education is a crucial transitional period for their development, especially marked by change and uncertainty. The literature shows that this population presents high levels of depression, stress, and anxiety worldwide, which has been exacerbated by COVID-19. Poor mental health has direct impact on university students' academic performance and, more importantly, on their health and well-being. We aim to analyze the mental health of Portuguese university students during the second year of the pandemic (2021), its impact on their studies, and their adjustment into online learning. Data was collected through an online survey in 2021 (May-June), resulting in a sample of 669 students. Students were, on average, 23.92 years old ( $SD = 7.50$ ), of which 75.5% were female, and 72.2% were undergraduate students. We used ANOVA models to analyze the data (IBM SPSS, version 27). Results show that students presented a borderline abnormal level of anxiety, with higher levels for those dissatisfied with the level of support from their professors. As for perceived stress, students also showed high levels, particularly women. The levels of depression in this sample were considered normal, but those who were less satisfied with their studies had higher levels of depression. We were able to confirm that students' levels of anxiety and perceived stress were high, even though they were slightly lower than the levels previously found in Portugal during 2020. It is also clear that the transition into online learning has had an impact on their mental health and academic life.

*Keywords:* mental health, university students, COVID-19

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## **Poster Communication**

The benefits of “acting as we are”: The relationship between authentic leadership and individual performance, and the mediating role of well-being at work

This study sought to analyse the relationship between authentic leadership and workers' individual performance, as well as whether well-being at work plays a mediating role in this relationship. The analysis considered the various dimensions of individual work performance, i.e., task and contextual performance and counterproductive work behaviours. It was obtained a sample of 315 participants from different organizations and sectors in Portugal. The participants reported their levels of well-being and their perceptions of individual performance and leader authenticity, by answering to an anonymous and voluntary online survey. The results indicate that authentic leadership is related to task and contextual performance, which are also mediated by well-being at work. Even though authentic leadership does not have a main effect on counterproductive work behaviours, well-being at work plays a mediating role between them, contributing to diminishing their occurrence. Thus, organizations can increase employees' well-being and individual task and contextual performance by encouraging their leaders to adopt an authentic leadership style. This will also help to prevent negative behaviours, namely counterproductive ones. Limitations and suggestions for future research are discussed.

*Keywords:* authentic leadership, well-being at work, task performance, contextual performance, counterproductive work behaviours

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## Poster Communication

### Teachers' perspectives about sugar intake in Portuguese children

Eating habits developed in childhood tend to be maintained throughout adulthood. Therefore, school is a privileged context to promote healthy eating habits and reduced sugar intake. This study explored the perception of Portuguese basic education teachers, from 1st to 9th grade, (n = 563) about (1) their students' eating habits and sugar intake and (2) their role in promoting healthy eating habits and reducing sugar intake. To this end, a questionnaire was created and disseminated by basic education schools in Portugal. The quantitative and qualitative results revealed that less than half of the schools participate in programs to promote healthy eating habits or follow formal recommendations about snacks brought from home. However, most participants include topics related to nutritional education in the syllabus of their curricular areas. The food supply available at the school buffet was identified as the healthiest option. Additionally, sugar intake was perceived as high and worrisome, negatively impacting physical and psychological well-being (e.g., tooth decay). However, teachers still distribute foods with high sugar content (e.g., candy) in the classroom more frequently during festivities. As expected, schools and teachers' were perceived as fundamental agents in reversing childrens' and adolescents' consumption patterns. In general, teachers recognize the importance of promoting healthy eating habits and reducing sugar consumption in schools, and they seek to work with the educational community. This study highlight that future nutritional education interventions should privilege the development of guidelines about food distributed within the classroom and the strengthening of the school-family relationship.

*Keywords:* healthy eating habits; sugar intake; teachers; children

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## Poster Communication

### Resilience of adolescents in residential care: A meta-analysis of protective factors

**Objectives:** Children and adolescents in Residential Care (RC) are at increased risk for a wide range of psychological and behavioral difficulties, but some of them exhibit adaptative outcomes despite the adversity. Previous evidence exists that resilience outcomes in residential care are explained by factors at different ecological levels, but more evidence is needed on the extent of those associations/predictions. As such, this meta-analysis aims to go further this previous evidence, identifying the protective factors that produce the largest effect sizes in psychological health for young people in RC. **Method:** An electronic search in January 2022 was conducted in eight databases - Academic Search Complete, APA PsycArticles, APA PsycINFO, Psychological and Behavioral Sciences Collection, ERIC, MEDLINE, Web of Science and Scopus – and using a combination of keywords related to protective factors (e.g., staff support, family support, community cohesion, religious involvement) and indicators of adjustment (e.g., well-being, psychological health) for young people in RC. **Results:** Rayyan web app will be used to conduct the screening of the title and abstract and the results will be relied on the PRISMA Statement – Preferred Reporting Items for Systematic Reviews specifically, a four-step procedure (identification, screening, eligibility, and inclusion). Similarity to other meta-analysis the results will be presented according to the nature of the protective factors: individuals, family, and residential care. **Conclusion:** based on the results from this meta-analysis we will identify in this communication a set of implications for practices, policy, and research with young people in RC.

*Keywords:* residential care, adolescents, resilience, adaptation

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## Poster Communication

Place attachment, risk and emotions when coping with climate change

Climate change poses a major threat to the future of the planet and the way we live. For example, the sea-level is expected to rise in the next decades with implications on coastal regions and communities. In Portugal, Aveiro is expected to be one of the most affected regions due to the exposure of urbanized areas to coastal hazards. This study aims to better understand Aveiro's residents responses to such potential threat. The prospects of future threats of climate change trigger a set of cognitions (risk perceptions) and emotions (eco-anxiety) in response. Eco-anxiety is a new concept still under researched. Literature suggests also that coping strategies to deal with such risks may vary according to the type of place attachment (active vs traditional) of the residents. This study, based on a self-report questionnaire with a sample of 200 residents from the Aveiro region, will test the mediating role of risk perception and eco-anxiety in the relationship between place attachment and coping. We hypothesize that residents with traditional place attachment will show lower risk perception and lower levels of eco-anxiety, accepting the risk as part of their living conditions, and will adopt more passive coping strategies (e.g., relativization). Active place attachment would be related with higher risk perception, higher eco-anxiety, and the adoption of active coping strategies (e.g., problem-solving). This study is useful to better understand the relevance of affective variables on how people cope with climate change, contributing with important information for the design and implementation of coastal strategies.

*Keywords:* climate change, emotions, place attachment, eco-anxiety, risk perception

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## Poster Communication

The relationship between authentic leadership and affective commitment: Leader-follower values congruence and quality of life at work's roles

The increasing number of scandals and social challenges that organizations face nowadays has contributed to the attention settle on authenticity and, consequently, on authentic leadership. Authentic leadership emerged as a leadership style that allows transparent relationships to be established, making it possible for employees to participate in the decision-making process and restore trust in leaders. This study aimed to investigate if the perception of an authentic leadership is related to affective commitment and if the leader follower-value congruence and quality of work life may contribute to explaining this relationship. For this to be accomplished, a quantitative correlational study was carried out, using an online questionnaire to collect data from 317 individuals from different business sectors. The obtained results indicate that the perception of authentic leadership is positively related to affective commitment, with this relationship being mediated in a combined and sequential way by the value congruence and the quality of work life. In addition, leader-follower value congruence and quality of work life mediations by themselves are also significant in the main relationship. The present study reveals the importance of the leadership style practiced in organizations, demonstrating that through the adoption of a more authentic leadership style employees' affective commitment can be increased. It also shows how the leader-follower value congruence, and the quality of work life can be translated into positive results, not only for the individual but also for the organization.

*Keywords:* authentic leadership, affective commitment, leader-follower values congruence, quality of life at work

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## Poster Communication

Intrapersonal mediation through therapeutic photography/videography -  
Narratives, relationships and mindsets

The use of therapeutic photography and videography can be a powerful tool to facilitate a process of intrapersonal mediation. Image provides the possibility to individuals to distance themselves from their self-concepts, creating a space for developing more easily a heightened awareness of their own narratives, mindset and behaviors. In this on-going research, it's proposed that intrapersonal mediation can be a privileged space of experiment, simulation and education, for the acquisition of new valuable skills to improve co-existence and relationships between ourselves and others. In this process the mediator is not a neutral figure, but a social intervenor and educator that focuses his practice on individual and social change by promoting the values of a culture of mediation (inclusivity, empathy, peace and dialogue) to hopefully increase prosocial behavior. The methodologies used for this purpose are etnobiographical interviews and individual sessions (intrapersonal mediation) where the mediator-investigator works with the subjects sharing briefly information about theoretical processes involved in building relationships and behaviors (such as cognitive empathy, mindsets, emotional granularity, cognitive dissonance and others) and providing a space of observation and dialogue around the created images, based on exercises related to the theoretical themes and their own experiences during the process. Through this process, it's expected that participants can develop emotional literacy, awareness, knowledge and responsibility in their choices, beliefs and behaviors. So, as perceiving themselves as ever changing beings and understanding the implications of some processes, their mindsets open, enabling a deeper understanding of their own and others' life stories and narratives.

*Keywords:* therapeutic photography/videography, mediation, intrapersonal mediation, relationships, life stories, social intervention



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## Poster Communication

The effect of socially responsible human resource management in work engagement when mediated by the fulfilment of the psychological contract

Socially Responsible Human Resource Management (SR-HRM), has over time, become increasingly relevant. The growing appreciation and adoption of practices that promote the balance between organizational development and social well-being largely determines the relationship that employees establish with their organization. The present study seeks to analyze the relationship between SR-HRM and levels of Work Engagement as well as the role of the perception of Fulfillment of the Psychological Contract as a mediating process of this relationship. Specifically, we propose that the positive relationship between SR-HRM and a persistent positive affective-cognitive state that results in high levels of Work Engagement is explained by the individual assessment of reciprocity in the exchanges that occur between the employee and his/her organization. From a correlational study with a sample of 264 workers from various organizations it was possible to verify that SR-HRM is positively related to Work Engagement and that this relationship is partially mediated by the perception of Fulfillment of the Psychological Contract. The results are discussed taking into account their implications for people management practices in organizations.

*Keywords:* SR-HRM, work engagement, psychological contract, mediation

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## Poster Communication

The underlying role of own-race bias in lineup construction: A preregistered replication study

People's tendency to recognize faces from members of the same race better than members of another race is known as Own-Race Bias (ORB; Meissner & Brigham, 2001). Literature has shown that ORB can have an impact on lineup construction and lead to misidentifications in cross-race situations. Moreover, it has been shown that lineup constructions done under unfair circumstances lead to wrongful convictions. Making the process of eye-witness identification more reliable is, hence, still one of the main priorities in preventing wrongful suspect identifications. Brigham and Ready (1985) were the first authors to factor in the lineup constructor's race and reveal an ORB in lineup construction. To the best of our knowledge, these findings have not yet been replicated or extended. We, therefore, aim to conduct a close preregistered replication of Brigham & Ready's (1985) study, thus clarifying these results and attesting to the reliability of the original findings. Moreover, we wish to get a better understanding of the ORB in lineup construction by exploring the influence of other variables of interest (e.g. interracial contact). This poster details the reasons that motivated this replication attempt and an explanation of the methods and analytic strategy we intend to use.

*Keywords:* cross-race effect, lineup construction, lineup fairness, own-race bias, preregistered replication

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## Poster Communication

Measuring commitment in paws: Translation and adaptation of the Investment Model Scale to the pet's paradigm in Portugal

Given its importance in the way individuals establish relationships with other people, the concept of Commitment is often proposed as a predictor of the intention to remain in a relationship. Rusbult's Investment Model and scale (IMS) have been used to describe and assess commitment in a variety of circumstances, most notably in human-to-human romantic relationships. However, despite its importance in other contexts, commitment is seldom used in research regarding relationships between humans and companion animals (H-AC). The purpose of our work was to address this gap in the literature by adapting, validating, and translating the Investment Model Scale (IMS) in the context of H-AC relationships in Portugal. We started by adapting the Portuguese version of the IMS to the AC paradigm (Study 1, N=834). The results proved psychometrically unsatisfactory. Therefore, we proceeded with the translation of a foreign version of the IMS already adapted to this paradigm (Baker et al., 2016) and with its validation. We achieved this by conducting interviews with experts, reformulating items, and creating new items based on these interviews. We tested this new IMS through an online survey and performed a new exploratory factor analysis (Study 2, N=248). The results show that this new IMS adapted to H-AC relations is psychometrically adequate and respects the dimensions of Rusbult's original model. With this work, we contribute not only to the existing literature on commitment in H-AC relationships but also with a validated instrument available for use in future research.

*Keywords:* psychometrics, investment model, Investment Model Scale (IMS), commitment, pets

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### Poster Communication

Stress and physical health among zungueiras from informal markets in the city of Luanda-Angola. A quantitative study

This research aims to: (a) identify the main stressors of female zungueiras; (b) compare the levels of stress between female zungueiras who work in the street and those who work in the square, and (c) assess the link between stress and health problems. Data were collected from 252 female zungueiras in Luanda using a questionnaire that asked for: an assessment of the importance of the main stressors identified in a qualitative study; and an assessment of the health problems of female zungueiras using validated scales. The principal component factor analysis identified four stress factors: F1 - "Problems with authorities" (7 items,  $\alpha=0.89$ ;  $M= 4.55$ ;  $SD=0.62$ ); F2 - "Insecurity" (7 items;  $\alpha=0.81$ ;  $M= 2.92$ ;  $SD=0.90$ ); F3 - "Poor physical working conditions" (4 items;  $\alpha=0.76$ ;  $M= 3.83$ ;  $SD=0.87$ ) and the F4 - "Lack of income" (4 items;  $\alpha=0.70$ ;  $M= 3.87$ ;  $SD=0.78$ ). Zungue women working on the street score significantly higher on the factors "Problems with authorities" ( $t(250) = -2.97$ ;  $p = 0.004$ ) and "Poor physical working conditions" ( $t(250) = -3.94$ ;  $p < 0.001$ ), but those working in the plaza score more strongly on "Insecurity" ( $t(250) = 4.23$ ,  $p < 0.001$ ). The results of the multiple regression analyses show that the factors "F3" ( $\text{Beta} = -0.231$ ;  $p < 0.001$ ) and "F4" ( $\text{Beta} = -0.126$ ;  $p < 0.001$ ) significantly impact the physical health indicator of female zungue workers ( $R^2_{\text{adjusted}} = 0.08$ ,  $p < 0.001$ ;  $F(4, 247) = 4.081$ ;  $p < 0.001$ ). Therefore, we conclude that high stress factors exist in zungue and that this conditions their physical health.

*Keywords:* health, stress, Zungueiras

# XVII

PhD Meeting in

PSYCHOLOGY

**Into the Unknown:  
Psychology in the Making**

BOOK OF  
ABSTRACTS

19 - 20 May 2022

Cis\_Iscte