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Book of abstracts

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connection between basic psychological needs and mental health during the period of distance education. We collected data from 12 males and 64 females from different study programs ($M = 25$, $SD = 36$). Basic Psychological Needs Scale, Beck Depression Scale, STAI, and SWLS questionnaires were used. With cluster analysis, two groups were created based on the global level of well-being. A significant difference was found between the two groups in terms of satisfaction with the need for autonomy, $t(80) = 2.18$, $p < .05$, and the need for competence, $t(80) = 3.211$, $p < .05$. The quantitative method was complemented with narrative interviews. Thematic episodes supplemented with key life story events illustrate, how the frustration of the needs related to depression and anxiety. The qualitative coding was based on the presence of autonomy, relatedness, and competence episodes, following the satisfaction or frustration of the need. The narrative analysis points to the difference between the two groups in terms of satisfaction and frustration of the three needs, especially the need for intimacy.

The role of helplessness and hopelessness in the physical quality of life of female patients with chronic low back pain

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The chronic low back pain is more frequent among women, while the subjective pain threshold is also lower among them. This study aimed to examine the possible effect of hopelessness and helplessness in this association, related to the physical quality of life (PhQoL) of female patients with chronic low back pain. This cross-sectional study involved 121 female patients ($M_{\text{age}} = 47.9$ [$SD = 10.9$] years). Besides the characteristics of the disease, Beck Hopelessness Scale, SF-36 health survey questionnaire, and Pain Catastrophizing Scale were used, and MIMIC model was applied. The analyses revealed that helplessness and the time since the onset of pain symptoms predicted positively the degree of hopelessness. Hopelessness, in turn, had a negative direct effect on the PhQoL. Moreover, and besides the indirect pathway, helplessness had a direct negative effect on the physical QoL of the patients. Explained variance is 75%. The results showed that elements of pain catastrophizing and the duration of the symptoms increase the feelings of hopelessness, which, in turn, negatively influences the patients' physical quality of life. These results suggest that increasing coping with pain and restructuring the sense of hopelessness can enhance the physical quality of life of women with low back pain.

Beliefs about romantic relationships and sexual attitudes among emerging adults: Are they related to actual relationship status and dating app use?

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Recent studies have found changes in romantic relationship (RR) dynamics among emerging adults, such as greater postponement of committed RRs and greater search for new RRs online. In this study, we examined whether one's beliefs about RRs and sexual attitudes were significant predictors of current RR status (in a relationship or single), RR intention (high vs. low), use of dating apps, and number of RRs in one's lifetime. Some demographic variables were also controlled (age, gender, and living situation). 440 Slovenian emerging adults participated in the study (319 female, $M_{\text{age}} = 22.78$). Using logistic and linear regression analyses, we found that RR dismissal was a significant negative predictor of "in a relationship" status, high relationship intention, and dating via a dating app, whereas RR desire did not significantly predict RR outcomes. Sexual permissiveness significantly predicted dating app use, dating via dating apps, and number of romantic relationships in one's lifetime. Being female, living independently, and having a more instrumental sexual attitude positively predicted "in a relationship" status. Results suggest that certain beliefs about RR and sexual attitudes are related to decisions about actual RR behaviour.

Development of a Multidimensional Digital Platform as a Support to Emotion Expression for Children with Autism Spectrum Disorders

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We present a digital platform for a novel multidimensional intervention on recognition and synthesis of emotions through images, music, and animations. Universal emotions of happiness, anger, fear, sadness are considered. For emotion recognition the child chooses a picture representing a given emotion. The pictures are either Picture Exchange Communication System (PECS), or photos of an actor's face or dynamic expressions created morphing a neutral face with a face expressing that emotion, according to the chosen exercise. We explore the role of music to strengthen emotions understanding: at the end of each exercise music tuned to the portrayed emotion is played. For emotion synthesis, the child chooses the emotion felt, they reconstruct the PECS pictogram of that emotion through basic face components (eyes and mouth shape). Upon completion, the animation of PECS pictograms from neutral expression to the expression associated to that emotion is played. The exercises leverage Applied Behaviour Analysis: positive reinforcement at the end of each exercise comes from a virtual tutor, through rich audio and animation graphical feedback. It has also the role to

guide the child through the exercises in an empathic way with synthesized voice, tuned to the actual emotion using Speech Synthesis Markup language.

“You are what you eat” – The mediating role of eating disturbances between narcissism and exercise dependence

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Our study explores the possible connections among the two faces of narcissism, eating disturbances and exercise dependence in general population. Narcissism is empirically connected to exaggerated attention to the self and the body via tendencies of vanity and exhibitionism, which could easily activate maladaptive strategies to the control of body weight and shape. Our hypothesis is that narcissism is connected to exercise dependence and in this process eating disturbances play an important mediating role. The participants of our study ($N = 255$; 73.4% female; $M_{age} = 32.5$ years; $SD_{age} = 12.5$) completed anonymous self-report questionnaires of grandiose narcissism, vulnerable narcissism, eating disturbances and exercise addiction, which was analysed by path analysis. Results suggest that eating disturbances have a mediating role between vulnerable narcissism and exercise dependence, whilst grandiose narcissism is independent from all other constructs. Age and gender have a moderating role in the case of narcissism and exercise dependence, but not in the appearance of eating disturbances. Findings highlight the interrelation of narcissistic vulnerability with eating problems and exercise dependence, a novel and relevant result both in the field of personality and clinical psychology, which provides empirical basis for further research and the development of specific prevention and intervention programs.

Effect of dispositional mindfulness on psychological health

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Background: Dispositional mindfulness (DM) is an important predictor of health, but it is rarely examined together with other health-protective personality traits. Aim of the study was to determine the effects of DM, sense of coherence (SOC) and self-efficacy (SE) on depression and life satisfaction. Methods: A cross-sectional, questionnaire-based study was conducted. Study sample included 396 persons (23% men; age: $34,65 \pm 14,95$ years; 58,3% married or engaged). Participants completed the Mindful Attention Awareness Scale, Sense of Coherence, General Self-efficacy, Center for Epidemiologic Studies – Depression, and Satisfaction With Life Scale. We conducted two multiple hierarchical regression analyses (Block1: age, gender, Block2: DM, Block3: SE, SOC). Results: Examining the predictors of life satisfaction, DM was a significant

predictor ($R^2 = 0.152$, $p < .001$), but this relationship became nonsignificant after entering SE and SOC into the model. Regarding depression, DM and SOC were significant predictors in the final model and accounted for a significant amount of variance ($R^2 = 0.194$, $p < .001$). Discussion: This study provides further evidence that DM has a significant effect on psychological well-being in terms of depression. DM might have an indirect effect on life satisfaction which is mediated by SE and/or SOC. Future studies could examine the mediating role of these personality traits.

Nothing could compensate the Hungarian nation's soul for the 20th century"- Collective victim beliefs in the Hungarian context

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The main aim of the research was to investigate collective victim beliefs in the Hungarian context. The main research questions were: (1) What kind of collective victim beliefs are present in the Hungarian context? (2) How are collective victim beliefs related to each other? (3) How important is historical collective victimization for group members? The empirical study was conducted in the framework of a large survey study. In the survey study, 933 participants filled the comparative collective victim beliefs questionnaire. After the questionnaire, participants were asked to answer an open-ended question about the in-group's victimization. 139 participants answered this question. A codebook for content coding was developed, and then the responses were coded. The study demonstrated that the importance of the in-group's historical victimization is debatable among group members. Many participants mentioned inclusive collective victim beliefs. When participants talked about the in-group's historical victimization, they often did it without mentioning any causes or lessons related to this experience. A major theoretical implication is that comparative collective victim beliefs are not as important in the Hungarian context as in previously investigated contexts. In the Hungarian context, most of the answers were related to the subjective importance of the in-group's historical victimization.

Machiavellian Intelligence: New evidence on the evolution of manipulation

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In the light of the Machiavellian Intelligence Hypothesis, social intelligence resulted from the successful exploitation of rivals for personal benefits. Natural selection might foster Machiavellian personalities because the skillful manipulation of others conferred an evolutionary advantage. However, some recent empirical findings appear to contradict the expectations of the Machiavellian intelligence hypothesis. People with high scores on Machiavellianism scales perform poorly in mindreading tasks and have a relatively low emotional intelligence. Using experimental games (e. g. Trust