TICP 2025

The 3rd Thailand International Conference
on **PSYCHOLOGY**

Human Development *for a* Sustainable World

The 3rd Thailand International Conference on Psychology, 2025

By Faculty of Psychology, Chulalongkorn University, and

Graduate School of Arts & Letters, Tohoku University

13 - 16 July 2025

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The 3rd Thailand International Conference on Psychology
Human Development for a Sustainable World

Organized by the Faculty of Psychology, Chulalongkorn University, and coordinated with
Graduate School of Arts & Letters, Tohoku University,

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Welcome to the TICP 2025

A Message from Honorary Chair

Asst. Prof. Nattasuda Taephant, Ph.D.
Dean of Faculty of Psychology, Chulalongkorn University

It is with heartfelt joy that I welcome you to the 3rd Thailand International Conference on Psychology (TICP 2025). This special event is proudly hosted by the Faculty of Psychology, Chulalongkorn University, in collaboration with the Department of Psychology, Graduate School of Arts and Letters, Tohoku University. We look forward to gathering with you in beautiful Bangkok, Thailand, from 15–16 July 2025, with pre-conference workshops held on 13–14 July.

This year's theme, "**Human Development for a Sustainable World**," speaks to a shared aspiration that unites us across countries, disciplines, and generations—that psychology holds a vital key to building a future that is not only resilient and equitable but also deeply human and compassionate. As we face growing global challenges—mental health crises, social inequality, environmental degradation—our field is uniquely positioned to foster meaningful change and sustainable solutions that nurture both individuals and communities.

Over the years, TICP has become more than just a conference. It is a vibrant, welcoming space where academics, practitioners, and students come together to exchange ideas, inspire one another, and forge connections that endure well beyond the event. It is in this spirit of openness and collaboration that we come together once again.

We are especially delighted to welcome two distinguished keynote speakers this year.

- **Professor Susan Clayton** (The College of Wooster), speaking on "Psychology for Sustainability: The Human Connection to the Natural World."

- **Professor Helene H. Fung** (The Chinese University of Hong Kong), presenting "How to Make Our Old Age Meaningful?"

We look forward to the conversations, discoveries, and friendships that will emerge from this gathering. Thank you for being a part of TICP 2025.
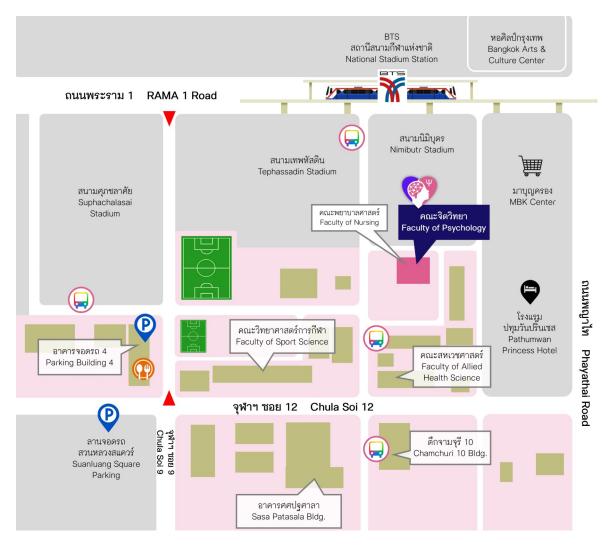

Warmest regards.

TICP 2025
The 3rd Thailand International Conference
on **PSYCHOLOGY**

Pre-conference WORKSHOPS

	13 July 2025
6 Hours	**Nurturing Hope and Resilience in Mental and Physical Health Interventions** Prof. David B. Feldman, Ph.D., Department of Counseling Psychology, Santa Clara University, USA
	13 July 2025
3 Hours	**Longitudinal Methods for Psychological Research** Assoc. Prof. Alexander Scott English, Ph.D., College of Liberal Arts, Wenzhou-Kean University, CN
	14 July 2025
6 Hours	**Think Well, Age Well: Lifespan Approaches to Cognitive Assessment** Assist. Prof. Peera Wongupparaj, Ph.D., Faculty of Psychology, Chulalongkorn University, TH
	14 July 2025
3 Hours	**Conducting Cross-Cultural Research in Psychology** Assoc. Prof. Alexander Scott English, Ph.D., College of Liberal Arts, Wenzhou-Kean University, CN

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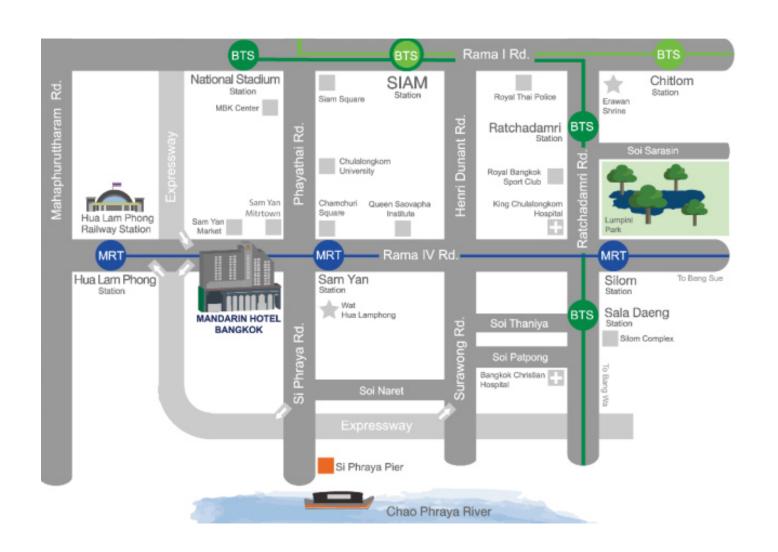
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The CONFERENCE
15 - 16 July 2025

Mandarin Grand Ballroom, Mandarin Hotel Bangkok, Rama IV Road, Bang Rak, Bangkok

www.mandarin-bkk.com

PRE-CONFERENCE

WORKSHOPS

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13 - 14 July 2025

1

Nurturing Hope and Resilience in Mental and Physical Health Interventions

13 July 2025

09:00 am - 16:00 pm

Professor David B. Feldman

Clinical health psychologist and
Professor of Counseling Psychology
at Santa Clara University, USA.

Hope is an active ingredient in healing, playing a crucial role across healthcare professions, including psychology, nursing, and medicine. Patients often seek care after trying various solutions—consulting professionals, taking medications, making life changes—only to feel discouraged by setbacks. When hope fades, progress stalls.

Research shows that hope enhances resilience, reduces anxiety and depression, improves productivity, promotes psychological well-being, and may even predict longer life. Yet, many healthcare professionals receive little training in hope .

In this workshop, Professor Feldman will define hope in a practical framework, explore its impact in patient care, and guide participants in applying evidence-based strategies to nurture hope in those they serve.

Conducted in English with Thai summaries between sections.

2

Longitudinal Methods for Psychological Research

13 July 2025

09:00 am - 12:00 pm

Assoc. Prof. Alexander Scott English

Director of Center for Behavioral Research Across Cultures, College of Liberal Arts, Wenzhou-Kean University, China

In this workshop, we will explore the efficacy of longitudinal methodologies in psychological research. We will discuss the unique advantages of longitudinal approaches in tracking changes in human behavior and mental processes over time. The workshop will show how combining theoretical frameworks with practical applications can reveal dynamic relationships and temporal changes that cross-sectional studies often miss.

The session will cover key concepts such as participant retention, data collection techniques, and analytical strategies tailored for longitudinal research. Additionally, I will share my experience conducting over eight high-quality longitudinal studies in the past decade, showcasing the impact of these studies on advancing our understanding of psychological changes. By the end of the workshop, attendees will be equipped with the knowledge and tools to implement longitudinal methods in their research.

Conducted in English with Thai summaries between sections.

3

Think Well, Age Well:
Lifespan Approaches to Cognitive Assessment

14 July 2025

09:00 am - 16:00 pm

Asst. Prof. Peera Wongupparaj

Cognitive Neuropsychologist and
lecturer of Applied Psychological Area,
Faculty of Psychology at Chulalongkorn University

This workshop will benefit scholars, researchers, and general audiences by covering a range of topics related to brain development and assessment.

Over six hours of lectures and practical sessions, the speaker will guide participants in mastering open-source neuropsychological tasks and activities applicable across various age groups. Attendees will gain up-to-date knowledge of validated neuropsychological findings, along with hands-on experience using tools to assess brain function and fitness in areas such as sensation, perception, attention, short-term, working, and long-term memory, executive functioning, creativity, multisensory integration, and decision-making.

A down-to-earth approach and easily digestible content are key priorities in achieving the workshop's learning outcomes.

Conducted in English with Thai summaries between sections.

4

Conducting Cross-Cultural Research in Psychology

14 July 2025

09:00 am - 12:00 pm

Assoc. Prof. Alexander Scott English

Director of Center for Behavioral Research
Across Cultures, College of Liberal Arts,
Wenzhou-Kean University, China

This workshop focuses on the essential characteristics and methodologies involved in cross-cultural psychological research. We will explore how cultural differences can be examined at the country level and within regional contexts, highlighting the complexity and diversity of human behavior across various levels of society. We will also discuss key factors influencing cultural variations, including historical, social, and economic contexts. Attendees will learn about effective research designs and strategies for collecting and analyzing data that account for these nuances. Additionally, the workshop will push the boundaries beyond traditional East-West cultural comparisons and propose innovative areas for exploration that build new cultural frameworks. The workshop will also focus on addressing research questions that reflect culture's multifaceted nature, tackling key problems in psychology today.

Conducted in English with Thai summaries between sections.

The CONFERENCE

15 - 16 July 2025

Schedule

Day 1 | Tuesday 15 July 2025

	MAIN ROOM	BREAKOUT ROOM
08:00 am - 09:00 am	**Registration and Welcome**	
09:00 am - 09:30 am	**Open Ceremony**	
09:30 am - 10:30 am	**Keynote Speech #1** Psychology for Sustainability: The Human Connection to the Natural World Prof. Susan Clayton, The College of Wooster	
10:30 am - 10:45 am	Morning Coffee Break	
10:.45 am - 12:00 pm	**Panel Discussion 1** Promoting Hope and Scalable Interventions for Health and Well-Being	**Oral Presentation A** Development Across the Lifespan (4 papers)
12:00 pm - 13:00 pm	Lunch Break	
13:00 pm - 14:15 pm	**Panel Discussion 2** Engaging the Senses to Improve Mood, Mind, and Performance	**Oral Presentation B** Therapy and Intervention for Well-Being (4 papers)
14:20 pm - 15:20 pm	**Oral Presentation C** LGBTQIA+ (3 papers)	**Oral Presentation D** Psychology in Educational Contexts (3 papers)
15:20 pm - 15:35 pm	Afternoon Break	
15:35 pm - 16:50 pm	**Panel Discussion 3** The Role of Societal and Cultural Contexts in Understanding Well-Being and Work	**Oral Presentation E** (Start at 15:25) Cognition and Neuroscience (5 papers)

Schedule

Day 2 | Wednesday 16 July 2025

	MAIN ROOM	BREAKOUT ROOM
08:00 am - 09:00 am	**Registration and Welcome**	
09:00 am - 10:00 am	**Keynote Speech #2** How to Make Our Old Age Meaningful? Prof. Helene H. Fung, The Chinese University of Hong Kong	
10:00 am - 10:15 am	Morning Coffee Break	
10:15 am - 11:30 am	**Panel Discussion 4** Parenting across Developmental Stages	**Panel Discussion 5** Mental Health Innovation and Ecosystem
11:35 am - 12:00 pm	**Special Presentation** Compulsive Digital Media Use among Adolescents and Its Implications for Families, Mental Health Professionals, and Policymakers Prof. Rene Weber, University of California	
12:00 pm - 13:00 pm	Lunch Break	
13:00 pm - 14:15 pm	Poster Presentation	
14:20 pm - 15:20 pm	**Panel Discussion 6** The Arts for Sustaining Mental Health and Population Wellbeing: Evidence-Informed Practice and Innovative Psychotherapeutics	**Oral Presentation F** (Start at 14:05) Applied Psychology (4 papers)
15:20 pm - 15:35 pm	Afternoon Break	
15:35 pm - 16:50 pm	**Oral Presentation G** Counseling and Mental Health (3 papers)	**Oral Presentation H** Regulation and Social Perceptions (4 papers)
16:50 pm - 17:00 pm	**Closing ceremony**	

List of Presentations

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Oral Presentation D: Psychology in Educational Contexts   **Chair**: Asst. Prof. Apitchaya Chaiwutikornwanich, CU

Oral Presentation E: Cognition and Neuroscience   **Chair**: Assoc. Prof. Yousuke Kawachi, TU

Oral Presentation F: Applied Psychology   **Chair**: Prof. Nobuyuki Sakai, TU

Oral Presentation G: Counseling and Mental Health   **Chair**: Assoc. Prof. Kullaya Pisitsungkagarn, CU

List of Presentations

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Psychology for Sustainability:
The Human Connection to the Natural World

15 July 2025

09:30 am - 10:30 am **I** Main Room

Abstract

Increasing awareness of threats to the natural environment has led psychologists to examine the ways in which human and ecological well-being are intertwined. This presentation will discuss environmental identity and how it is nurtured through human interactions. I will consider how a strong environmental identity can lead to emotional distress and climate anxiety, but also promote wellbeing through encouraging action and a sense of purpose. I will close by describing ways to promote resilience in the face of a changing environment.

Professor Susan Clayton, Ph.D.

Department of Psychology, The College of Wooster

Susan Clayton, Ph.D., is the Whitmore-Williams Professor and Chair of Psychology at the College of Wooster in Ohio. Dr. Clayton's research examines people's relationship with the natural environment, how it is socially constructed, and how climate change affects mental health and well-being. She is author or editor of six books, including Identity and the Natural Environment, Conservation Psychology, and Psychology and Climate Change, and is currently the editor of the Cambridge Elements series in Applied Social Psychology. A fellow of the American Psychological Association and the International Association of Applied Psychology, she was a lead author on the Sixth Assessment Report of the Intergovernmental Panel on Climate Change.

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How to Make Our Old Age Meaningful?

16 July 2025

09:00 am - 10:00 am | Main Room

Abstract

Although aging is associated with declines in some physical and cognitive domains, individual older adults can use their gains and strategies in the emotional and social domains to turn these declines into strengths and make life meaningful. In this talk, I will review findings from my laboratory that support this phenomenon in domains such as social and activity selection, cognitive performance, health and purchase decision making, and prosocial behaviors. Cross-cultural similarities and differences in these areas will be discussed.

Professor Helene H. Fung, Ph.D.

Department of Psychology, The Chinese University of Hong Kong (CUHK)

Helene H. Fung is a Professor and the Chairperson of the Dept of Psychology, the Executive Director of the Centre for Positive Social Science and a Deputy Director of the Institute of Ageing, at the Chinese University of Hong Kong. She was an assistant professor at the University of Alberta, Canada. She obtained her BS from University of Washington, Seattle, and MA and PhD from Stanford University.

Professor Fung examines socioemotional ageing across cultures. Among her awards include the 2017-18 Anne E. Ofstedal Fellowship on Higher Education Leadership, offered by United Board, the 2010 Margret and Paul Baltes award in Behavioral and Social Gerontology from the Gerontological Society of America, the 2008 Retirement Research Foundation Mentor Award from Division 20 and the 2016 Henry David International Mentoring Award from Division 52, American Psychological Association. She is included on a list of the top 2% of working scientists world-wide (2020-2023), and is ranked 35th in Top Scientists in Psychology in China by Research.com. She is a senior associate editor for the Australian Journal of Psychology, and an associate editor for Cognition and Emotion. She has been an associate editor for Acta Psychologica Sinica. She was elected a fellow of the Association for the Psychological Science, a fellow (Divisions 20 & 52) and member-at-large (Division 20) of the American Psychological Association (Division 20 & 52), and a fellow and Member-at-large of the Behavioral and Social Science Division of the Gerontological Society of America.

Panel Discussion 1

Room: Main Room   **Day 1 I 10.:45 am – 12:00 pm**

Title: **Promoting Hope and Scalable Interventions for Health and Well-Being**

Panel Abstract: This panel brings together diverse perspectives on the psychological mechanisms and interventions that promote health and well-being, including mental health and health behavior change, across clinical and national contexts.

Mika Omori explores the role of hope in enhancing treatment adherence among glaucoma patients in Japan, highlighting emotional dimensions often overlooked in traditional health behavior models such as the Health Belief Model.

David B. Feldman presents research on Hope Theory, its relationship to well-being, and the effectiveness of hope-based interventions. He will discuss research findings from Thailand and their practical applications.

Finally, **Kean J. Hsu** discusses a personalized Single Session Cognitive Behavioral Intervention (SSCBI) as a scalable, adaptable tool for supporting mental health, with evidence from its implementation in Singapore.

Together, the presentations and discussion will illustrate how cultivating hope and leveraging flexible, brief interventions, particularly SSCBI, can contribute to improved mental and psychological health outcomes and health strategies.

Moderator

Asst. Prof. Nattasuda Taephant, Ph.D.; Faculty of Psychology, Chulalongkorn University

Panelists

Prof. Mika Omori, Ph.D.; Department of Psychology, Tohoku University
Hope for Better Vision

Prof. David B. Feldman, Ph.D.; Counseling Psychology, Santa Clara University
Hope and Well-Being: Theory, Research, and Intervention

Asst. Prof. Kean J. Hsu, Ph.D.; Department of Psychology, National University of Singapore
What Can We Achieve in 50 Minutes? The Potential of a Personalized Single Session Cognitive Behavioral Intervention

Panel Discussion 2

Room: Main Room   **Day 1 | 13:00 pm – 14:15 pm**

Title: **Engaging the Senses to Improve Mood, Mind, and Performance**

Panel Abstract: This panel explores how sensory experiences, ranging from beauty routines and music to immersive visual environments, can shape psychological functioning and promote well-being.

Tsuneyuki Abe discusses how skincare, makeup, and fragrance impact emotional regulation and stress responses, with implications for both everyday life and clinical care.

Xiangbin Teng introduces an EEG-based method for analyzing how the brain processes music, offering insights into reward-related conditions such as anhedonia.

Philip Grove shares research on how people perceive and perform in 3D virtual environments, identifying both the potential benefits and challenges of these technologies for user comfort and cognitive performance.

By examining the interplay between the body, brain, and environment, this panel offers psychological perspectives on how sensory inputs can be applied to support mental health and well-being in diverse settings.

Moderator

Asst. Prof. Kris Ariyabuddhiphongs, Ph.D.; Faculty of Psychology, Chulalongkorn University

Panelists

Prof. Tsuneyuki Abe, Ph.D.; Department of Psychology, Tohoku University
Psychophysiological Influence of Cosmetic Behavior

Asst. Prof. Xiangbin Teng, Ph.D.; Department of Psychology, the Chinese University of Hong Kong
Practical EEG Approaches for Investigating Music Perception and Its Link to Mental Health

Assoc. Prof. Philip Grove, Ph.D.; School of Psychology, The University of Queensland, Australia
Sensory and Cognitive Factors Affecting Performance and Well-being in Virtual Environments

Panel Discussion 3   Room: Main Room   Day 1 | 15:35 pm – 16:50 pm

Title: **The Role of Societal and Cultural Contexts in Understanding Well-Being and Work**

Panel Abstract: This panel illustrates and discusses how societal and cultural contexts shape our understanding of well-being and work across diverse global settings. Each speaker will share research that highlights the ways in which cultural values, belief systems, and social structures influence individual and collective experiences of well-being and work.

Phatthanakit C. presents findings from empirical studies conducted in Asia and the UK, examining how justice-related beliefs—such as belief in a just world, karma, and system justification—function differently across contexts and impact psychological well-being.

Drew Mallory introduces the T*Factor framework, which explores how Thai transgender leaders navigate their careers by engaging with the cultural concept of nata (social esteem or "face"). His research reveals how these leaders reframe cultural expectations to assert authenticity and foster well-being within their professional environments.

Alexander English offers insights from his work in China, focusing on how cultural norms and societal frameworks influence well-being. Together, the panel emphasizes the importance of contextually grounded approaches to understanding well-being and human functioning, offering culturally informed perspectives.

Moderator

Jennifer Chavanovanich, Ph.D.; Faculty of Psychology, Chulalongkorn University

Panelists

Assoc. Prof. Alexander Scott English, Ph.D.; College of Liberal Arts, Wenzhou-Kean University
People in Relationally Mobile Cultures Report Higher Well-being

Asst. Prof. Phatthanakit Chobthamkit, Ph.D.; Department of Psychology, Thammasat University
Justice Beliefs and Well-being: Evidence from Empirical Studies in Asia and the UK

Asst. Prof. Drew B. Mallory, Ph.D.; Sasin School of Management, Chulalongkorn University
T*Factor Framework and Transgender Leaders in Thailand

Panel Discussion 4 — Room: Main Room — Day 2 | 10:15 am – 11:30 am

Title: **Parenting across Developmental Stages**

Panel Abstract: This panel will explore the dynamic nature of parenting across developmental stages and diverse family contexts, drawing on contemporary research.

The discussion will systematically address:

Parenting in infancy and toddlerhood: Focusing on foundational aspects of parenting in infancy that support early development, including establishing secure attachment and a supportive home environment.

Parenting in preschool to school-age children: Discussing the key concerns and evidence-based guidelines for parenting elementary school children using a bio-psycho-social framework.

Parenting in adolescence: Discussing key research findings on parenting's influence during adolescence, as well as the prominence of their influences relative to peer relationships. Specific parenting practices and dimensions relevant for this stage will also be explored.

Parenting in LGBTQ+ contexts: Exploring how heterosexism and gender norms show up in family life through microaggressions, and see how gender neutral parenting and family acceptance can support LGBTQ+ youth and foster mental well-being.

Moderator and Panelist

Assoc. Prof. Panrapee Suttiwan, Ph.D.; Faculty of Psychology, Chulalongkorn University

Panelists

Assoc. Prof. Yao Zheng, Ph.D.; Department of Psychology, University of Alberta
Parenting in Infancy and Toddlerhood

Asst. Prof. Nipat Pichayayothin, Ph.D.; Faculty of Psychology, Chulalongkorn University
Parenting in Preschool to School-age Children

Pimjuta Nimmapirat, Ph.D.; Faculty of Psychology, Chulalongkorn University
Parenting in Adolescence

Rapinpat Yodlorchai, Ph.D.; Faculty of Psychology, Chulalongkorn University
Parenting in LGBTQ+ Contexts

Panel Discussion 5

Room: Breakout Room   Day 2 | 10:15 am – 11:30 am

Title: **Mental Health Innovation and Ecosystem**

Panel Abstract: This panel touches upon policy, practice, and innovation to explore the evolving landscape of mental health in Asia.

Nattasuda T. will introduce the work of the Thailand Institute for Mental Health Sustainability (TIMS), highlighting its efforts in building a national ecosystem for mental health through knowledge creation, policy advocacy, innovation, and capacity building, particularly in mental health promotion.

Amornthep S., founder of the Sati App, will share his work as a system developer, presenting digital innovations and community-based initiatives aimed at addressing mental health needs in Thailand.

Rishita M. from MHIN Asia Hub will discuss key barriers and enablers to mental health innovation across the region, drawing from cross-country experiences.

Together, the panelists will offer a timely conversation on the current challenges, emerging opportunities, and the collaborative efforts needed to strengthen mental health systems in

Moderator and Panelist

Asst. Prof. Nattasuda Taephant, Ph.D.; Faculty of Psychology, Chulalongkorn University, and TIMS
Thailand Institute for Mental Health Sustainability (TIMS)

Panelists

Amornthep Sachamuneewongse (Sanju); Founder of Sati App
Digital Innovations for Mental Health: The Sati App Story

Rishita Mukherjee; SingHealth Duke-NUS Global Health Institute
Cross-Country Perspectives on Mental Health Innovation

Title: The Arts for Sustaining Mental Health and Population Wellbeing: Evidence-Informed Practice and Innovative Psychotherapeutics

Panel Abstract:

Background: The arts can play a vital role in the promotion of mental health via the cultivation of personal autonomy, self-mastery, social participation, and community involvement. At the same time, the psychological agents of creativity, imagination, emotional and relational aesthetics can help keep individual resilience, aid recovery to illness, as well as nurture a compassionate populace.

Objective: Despite the numerous potential benefits of the arts, cultural-specific evidence that supports its efficacy in promoting mental health and wellness among different population cohorts is greatly lacking internationally; especially in the Asian context. Methods: This panel discussion shares the protocols and findings from a series of groundbreaking research that: a) explores the landscape of art participation and its impact on holistic wellness among middle-age and older adults in Singapore via a mixed-methods study; b) investigates the efficacy of a novel single-session museum-based intervention for stress reduction and resilience building among members of the general public via a randomized control trial; and c) examines the acceptability and preliminary effectiveness of an innovative culinary art intervention to support meaning-making and healing among bereaved individuals grieving the loss of a loved one through illness via a pilot quasi-experimental design.

Findings: The results from all three studies observed art engagements of various forms are conducive to mental health, while standardized an carefully curated art-based psychotherapeutic interventions are particularly effective in alleviating distress and elevating psycho-socio-spiritual wellness for vulnerable population groups. Discussion: Such robust empirical evidence of the arts in sustaining and promoting mental health and wellness calls on the need to develop greater publicity campaigns, art encounter opportunities, and participatory art programs that target different population cohorts with varying degrees of art-readiness. Policy recommendation and clinical practice experiences for developing and implementing effective art programs are shared.

The body of research is supported by the Singapore National Arts Council (NAC), the National Gallery Singapore (NGS), and the Palliative Care Centre for Excellence in Research and Education (PalC).

Panelists

Prof. Andy Hau Yan Ho, Ph.D.; Nanyang Technological University

Asst. Prof. Paul Victor Patinadan, Ph.D.; Nanyang Technological University

Stephanie Hilary Xinyi MA, Ph.D.; Nanyang Technological University

Title: Compulsive Digital Media Use among Adolescents and Its Implications for Families, Mental Health Professionals, and Policymakers.

Presenter: Prof. René Weber, Ph.D.

Department of Psychological and Brain Sciences, University of California, Santa Barbara

Panel Abstract: Digital media use is an ubiquitous aspect of adolescents' life. About half of adolescents report being constantly online with an increasing trend in most countries. Favorite activities include social media, playing games, and the consumption of short videos primarily accessed through smartphones. Compulsive engagement with digital media is of increasing concern among mental health professionals as almost 1 out of 4 adolescents report symptoms of problematic digital media use, including cognitive salience (e.g., constantly thinking about digital media activities), mood modification (e.g, experiencing negative mood when unable to use digital media), tolerance and withdrawal symptoms, conflict with other people due to excessive digital media use, loss of control over the use and interference with functioning. Rate estimates of problematic, compulsive digital media use are highly variable, depending on factors including population characteristics, measures used, contexts, and the presence of other mental health problems.

In this brief presentation, Dr. Weber presents an overview of different perspectives among mental health professionals which range from claims stating that digital media use is the major cause of a mental illness epidemic among adolescents, to claims arguing that digital media use is merely a comorbid outcome of existing mental disorders among adolescents. Furthermore, Dr. Weber will introduce into innovative ways to conceptualize and study adolescents' compulsive digital media use in Thailand and internationally with a special focus on interactive media use such as video games. Finally, Dr. Weber will provide insights into recent research activities and findings on the issue with relevance for parents, mental health scholars and professionals, and policymakers in Thailand.

Presentation Abstracts

TICP 2025

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THE ROLES OF COGNITIVE FUNCTIONING AND PARENTAL PSYCHOPATHOLOGY IN THE DEVELOPMENT OF ADOLESCENT PSYCHOPATHOLOGY: A LARGE-SCALE LONGITUDINAL STUDY USING PARALLEL LATENT GROWTH CURVE MODELLING

Nattapat, S.[1]*,   Sunthud, P.[1],   Narun, P.[2]

[1] Faculty of Psychology, Chulalongkorn University, Thailand
[2] Department of Psychology, University of Otago, Dunedin, New Zealand

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Abstract

Cognitive functioning and parental psychopathology are both considered potential transdiagnostic risk factors for the development of child psychopathology. While longitudinal research has documented the individual roles of these factors, they are often examined in isolation. In the present study, we aimed to investigate how cognitive functioning and parental psychopathology jointly explain the developmental trajectories of child psychopathology.

We analyzed data from 11,876 youth and their caregivers participating in the Adolescent Brain Cognitive Development (ABCD 5.1) study, spanning five annual assessments from baseline (M_{age} = 9.91, SD_{age} = 0.62) to four-year follow-up (M_{age} = 14.08, SD_{age} = 0.68). Children's cognitive functioning was assessed using the NIH Toolbox Cognitive Battery, while child and parental psychopathology were measured using the Child Behavior Checklist (CBCL) and Adult Self-Report (ASR), respectively. Using parallel latent growth curve modeling (LGCM), we examined how baseline levels (intercepts) and developmental trajectories (slopes) of cognitive functioning and parental psychopathology relate to changes in child psychopathology over time. At age 9, children with lower cognitive functioning exhibited higher levels of psychopathology (β = −.155, p < .001), but showed greater improvement over time (β = .117, p < .001). Conversely, children whose parents' psychopathology increased over time had fewer symptoms at baseline (β = −.190, p < .001), but experienced worsening symptoms over time (β = .722, p < .001). Additionally, higher parental psychopathology at baseline was strongly associated with greater child psychopathology at age 9 (β = .641, p < .001). Overall, parental psychopathology explained substantially more variance in child psychopathology than cognitive functioning. Moreover, much of the variance explained by cognitive functioning was shared with parental psychopathology. These findings underscore the prominent role of parental psychopathology in potentially shaping child psychopathology trajectories and suggest that its influence may overshadow the effects of cognitive functioning.

Keywords: Adolescence, Childhood, Cognitive functioning, Psychopathology, Trajectories

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TOWARD BUILDING NEUROIMAGING BIOMARKERS TO CAPTURE THE COGNITION-MENTAL HEALTH RELATIONSHIP ACROSS THE LIFESPAN.

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Abstract

The NIMH Research Domain Criteria (RDoC), a leading transdiagnostic framework in mental health, identifies cognition as one of the core functional domains underlying psychopathology across diagnoses. RDoC conceptualises the link between cognition and mental health as spanning multiple neurobiological levels of analysis — from genes to brain systems — from normal to abnormal in normative samples. However, recent studies have raised concerns about the robustness of brain MRI in capturing individual differences in cognition, casting doubt on its utility as a neuroimaging biomarker for RDoC's cognitive domain.

To address this challenge, we proposed a machine learning-based multimodal fusion approach that integrates diverse brain MRI modalities—including task-based fMRI contrasts, functional connectivity during both task and rest, and structural MRI—into a unified predictive model. Leveraging large-scale datasets across the lifespan (n > 2,100, age 22-100), we demonstrated that this multimodal fusion consistently enhances the psychometric properties of brain MRI in two key areas: a) Predictive validity: the ability to accurately predict individual cognitive performance out-of-sample, and b) Test-retest reliability: the consistency of predictions over time.

We further evaluated the method's utility in elucidating the relationship between cognition and mental health using data from the Adolescent Brain Cognitive Development (ABCD) Study (n > 11,000, age 9-10). Our findings revealed that neuroimaging accounted for 66% of the shared variance between cognition and mental health, compared to 21% explained by polygenic scores. These results suggest that multimodal fusion offers a promising pathway for developing robust neuroimaging biomarkers aligned with RDoC's cognitive systems.

Keywords: Neuroimaging, MRI, Cognition, Mental health, Big data, Machine learning, Lifespan, RDoC

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ADULT ATTACHMENT STYLE HAS INDIRECT EFFECTS ON BONDING VIA DEPRESSION AND ANXIETY

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Abstract

Background:

No study has examined the direct effect of adult attachment style on bonding trajectories and its indirect effects via depression and anxiety trajectories across the perinatal period. This study examined both the direct and indirect effects of adult attachment style on bonding trajectories using parallel process latent growth curve modeling (PP-LGCM).

Methods:

We analyzed data from 1,897 mothers in Japan who completed the Relationship Questionnaire (RQ) at early pregnancy (T1), Hospital Anxiety and Depression Scale (HADS), and Mother-to-Infant Bonding Scale (MIBS) at T1, late pregnancy (T2), and postpartum (T3). PP-LGCM estimated intercepts and slopes for HADS anxiety (HADS-A), depression (HADS-D), and MIBS subscales: lack of affection and anger and rejection. Adult attachment was modeled as a single latent variable from the four RQ subscales (secure, fearful, preoccupied, and dismissive). Two separate mediation models tested indirect effects via HADS-D and HADS-A sing the bootstrapping analysis. Bonding was modeled as the main outcome.

Results:

Model fit was good to acceptable. Adult attachment showed no significant direct effects on bonding intercepts or slopes. However, the indirect effects of adult attachment on bonding via depression and anxiety were significant. Considering the magnitude effects of separated mediation models, depression mediated the relationship between attachment and bonding trajectories more strongly for lack of affection than anger and rejection, while anxiety was a stronger mediator for anger and rejection than lack of affection.

Conclusion:

Adult attachment style does not directly affect maternal bonding across the perinatal period but influences bonding indirectly through maternal depression and anxiety. These findings emphasize the importance of addressing adult attachment and related psychological distress in perinatal care to support healthier bonding.

Keywords: Adult attachment style, Depression, Anxiety, Bonding, Perinatal period

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ANIME AS MIRRORS: REFLECTING PSYCHOLOGICAL PRINCIPLES OF SELF-ACCEPTANCE AND PERSONAL GROWTH THROUGH CHARACTER DEVELOPMENT

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Abstract

This research paper focuses on the field of "Anime Psychology," aiming to facilitate psychological understanding through anime, thereby enabling audiences to apply insights from anime narratives into their personal lives.

Shonen anime continues to emphasize traditional values such as courage, teamwork; however, there is an increasing focus on themes of Self-Acceptance and Personal Growth, critical components contributing to Psychological Well-being.

To these concepts, the paper presents three character case studies representing different dimensions of Self-Non-Acceptance: Sakura from "Wind Breaker" Exemplifying Emotional non-acceptance, Bakugō from "My Hero Academia" representing Negative Self-Comparison, and Chihaya from "Oblivion Battery" exemplifying Excessive Self-Criticism. Despite distinct underlying reasons for their self-acceptance struggles, these characters demonstrate similar behavioral patterns toward achieving personal growth. Each character experiences specific events—either significant Life Events or moments of Event Appraisal—which catalyze behavioral transformations.

Using the Stage of Change model, this study notes that, while the characters have not fully reached the Maintenance stage (where new behaviors become habits), they do achieve the Action stage, successfully implementing noticeable behavioral changes. Further examination with Fogg's behavioral model highlights that motivation, ability, and triggers vary among the characters, emphasizing that changing behavior is a highly individualized process.

Ultimately, the paper concludes that personal development, particularly in self-acceptance and adaptive behavior modification, significantly contributes to enhanced well-being. This study emphasizes how anime can serve as a meaningful medium for psychological education and personal growth, providing role models for audiences who seek enjoyment alongside valuable life insights.

Keywords: Anime, Self-Acceptance, Fogg's model, Well-being, Personal growth

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SANDTRAY THERAPY IN THAIS WITH AND WITHOUT DEPRESSION:
A PILOT STUDY ON SYMBOLISM AND NARRATIVE THEMES

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Abstract

Aiming to explore an alternative assessment tool for Depression that offers objectivity, cultural sensitivity, and inclusivity, this pilot study explored the similarities and differences of the symbols and narrative themes in Sandtray Therapy between Thais working-age population with and without Depression.

After conducting a mixed-method study with 30 participants (control group n = 15 and study group n = 15), the results identified 16 symbols and 18 themes that are uniquely associated with people with Depression. The narrative themes and symbols that came up, for example, feeling unsupported, struggling with attachment issues, trauma, self-reflection tendency, feeling disconnected from others, and dwelling on past experiences, match common patterns seen in Depression. This study suggests Sandtray could be a useful tool for assessing Depression and paves the way for further research.

This research does not have any known conflicts of interest to disclose. It was funded by the author's own resources and did not receive any grant or funding from any organization.

Keywords: Sandtray Therapy, Depression, Assessment tool, Thai population.

COLLECTIVE HEALING THROUGH CULTURE-BASED ART INTERVENTION: POSITIVE SELF-CONCEPT DEVELOPMENT IN SURVIVORS OF SEXUAL VIOLENCE

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Abstract

Throughout 2024, adolescents and young adults accounted for 50.5% of sexual violence victims in Indonesia. Experiences of sexual assault and the resulting stigmatization cause victims to suffer from shame, low self-esteem, and distorted self-images, which could lead to many mental health issues. There is limited collective art-therapy research in this area, leaving an urgent gap in understanding the role of collective support in group art-based intervention for supporting sexual assault survivors' recovery despite Indonesia's collectivist cultural values. Wayang suluh, a traditional puppet media, was used as a medium for participants to articulate their self-perceptions, physical pain, psychological distress, and hopes, whereas Carl Rogers' self-concept theory was used as foundation. Qualitative data was primarily collected through interviews and observations then analyzed thematically using reflective analysis, while quantitative measurement of shame and self-esteem and semi-structured interviews were used as profiling and to evaluate participants' condition pre and post. Intervention was conducted with five participants in two cycles: first focused on understanding their real selves, the second to recognize the gap between real and ideal selves. Through psychodrama monologues, participants confronted feelings of guilt and shame, then maintained a daily reflection journal for one month to monitor their perceived self-worth, emotional condition, and sense of gratitude. The three highlighted key themes support several points relevant to the purpose of this program: survivors were able to develop positive self-esteem, an essential component of a healthy self-concept; an elevated sense of belonging reduced feelings of isolation; and cultivation of hope in empowering themselves. A notable increase was found in four out of five participants' self-esteem scores, which proved the potential impact. Though the sample size limited quantitative generalization, future interventions should still include structured evaluations before, after, and during follow-up, integrate digital journaling systems, and expand the number of sessions to optimize long-term outcomes .

Keywords: Sexual violence, Art-therapy, Collective support, Self-concept, Qualitative study

ART THERAPY FOR "POST-TRAUMATIC STRESS DISORDER: PTSD" IN VETERANS

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Abstract

The research on art therapy for "Post-Traumatic Stress Disorder: PTSD" in veterans had three objectives: 1.to study a symptom of PTSD in veterans by art therapy, 2. to study a therapy process for PTSD in veterans by art therapy, and 3. to study a confirmation of art therapy for PTSD in veterans.

The descriptive research and qualitative research were applied for this study process. There were 4 steps of this research: 1. study with an in-depth interview on the behavior and emotional by individual monitoring the veterans, 2. applied the art therapy process while observing their response, 3. collecting the data from those sample, and 4. Analyzing and summary the finding of art therapy for PTSD in veterans. The findings of this study were as follows: 1. The symptoms of veterans beyond art therapy, they were able to understand their upset and unhappiness, which in-depth in their mind, and also understand root of their problems. The veteran's patients were scared to behave, stress, and distracted the others. 2. The therapy process for PTSD in veterans by art therapy had 3steps. First, supporting positive thinking to the patients. Second, applied art therapy to the patients for opening their mindset and creative thinking, and third therapy with artwork. 3.The confirmation of art therapy for PTSD in veterans shown that the patients could create artwork. They fill happy with their work even they didn't think that they could do it. They could learn a new thing and decrease their heard pain, and they could fill appreciate, happy with art activities. This circumstantial shown that art therapy was accuracy, appropriately, possibility, and utility while the sample were satisfied at a high level.

Keywords: PTSD, Mental illness, Art therapy, Thailand, Veteran

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THE DEVELOPMENT AND EFFICACY OF THE AKBAY SELF-HELP MOBILE APPLICATION ON THE MENTAL HEALTH OF SELECTED UNIVERSITY STUDENTS

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Abstract

Delivering effective mental health services is crucial for providing psychosocial support and preventing severe mental illness among young adults. This study aimed to develop and evaluate the efficacy of a self-help intervention for mental health concerns among university students. The Program Development Model from Conklin (1997) was used to develop AKBAY (Ang Kaalaman sa Bawat Aksyon, Yaman ng Sariling Emosyon). The first step was a needs assessment, comprised a literature review, survey, and focus group discussions. Based on the findings, an eight-module self-help workbook, AKBAY, was developed using cognitive behavioral therapy (CBT) principles. Then, the intervention was tested through a pilot study in workbook format to validate the content among 33 university students. The self-help intervention was then refined and developed into a mobile app. Prior to the implementation of the mobile app, another pilot study was conducted to assess its feasibility and acceptability among 31 students. Lastly, the new self-help mobile app was assessed and evaluated using a between-subjects experimental design with experimental and control groups. A total of 119 university students were screened and qualified the eligibility criteria.

Quantitative data were gathered through PHQ-9 and GAD-7, while qualitative data were collected using a validated semi-structured guide questionnaire. Quantitative data were analyzed using descriptive and inferential statistics, while thematic analysis was used for qualitative data. The findings indicated that the self-help mobile app effectively reduces depression and anxiety symptoms. The significant interaction between time and group indicated that the self-help mobile app had a greater impact on reducing depressive and anxiety symptoms compared to the control group. The qualitative feedback indicated a high level of acceptability for the app and reported increased personal and emotional insights Thus, they highlighted practical improvement of the app. The AKBAY mobile app is a promising mental health tool for preventing mental health problems among university students experiencing moderate symptoms of depression and anxiety. Further refinement and research are necessary to enhance the mobile app's efficacy .

Keywords: Anxiety, Depression, Digital interventions, Mental health, Self-help mobile app, University students

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THE PROCESS OF SEXUAL IDENTITY DEVELOPMENT AMONG GAY MEN IN MALAYSIA

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Abstract

Same-sex attractions are not discussed publicly in our society. To some individuals, the urge to have a sexual attraction to the same gender is not accepted, but to others it is normal. Sex attraction starts to develop in individuals during the transition process to puberty. At this age of puberty, individuals become aware of who he/she sexually attracted to and begin to explore their sexual interests.

In this qualitative research, the objective is to explore how gay individuals become aware of their sexual orientation and how they develop their sexual identity. Six identified gay men were interviewed in this research. The participants were recruited using the snowball technique. Two types of instruments were used in this research, 1) a questionnaire on participants' demographic and 2) A semi-structured interview that explores respondent experiences in the process of developing their sexual identity. The grounded analysis technique was used to analyze the data. The main outcome of this study was the construction of a model framework of sexual identity development among gays in Malaysia. It is an important finding as this model framework may become a tool guide for counselors who are working with gay clients in clinical setting.

Keywords: Gay formation, Gay identity, LGBT, Same sex attraction, Sexual identity

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DEVELOPING PEER COUNSELING FOR TRANSGENDER AND GENDER-DIVERSE ADULTS IN THAILAND: A FEASIBILITY STUDY

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Abstract

Background

In Thailand, middle-aged and older transgender and gender-diverse (TGD) individuals often experience significant mental health challenges, including anxiety, depression, and social disconnection, with few services that are culturally responsive. Peer-led interventions may help address these gaps, but no such program has yet been tailored or tested for this group.

Methods

This pilot study introduced a three-part intervention:

(1) a nine-week forest-bathing activity, (2) a two-day workshop on gender sensitivity, and (3) a two-day peer-counseling training. Fourteen TGD participants aged 50 and above (Mean = 56.4) completed assessments before and after the intervention, covering psychological well-being, peer-counseling competencies, internalized sexual stigma, internalized transphobia, attitudes toward TGD communities, and program satisfaction. Measures of feasibility included recruitment, retention, session attendance, and homework completion. Focus group discussions were analyzed to explore participant experiences.

Results

All participants completed the training modules, with strong attendance and full homework participation. Satisfaction scores were high (M = 28.64/32), and attitudes toward TGD people were notably positive. Statistically significant improvements were observed in psychological well-being, counseling knowledge, and reduced self-stigma. Qualitative analysis revealed improved active listening, deeper self-acceptance, better understanding of mental health, and enhanced social ties. Participants recommended longer training and supervised practice sessions.

Conclusion

The peer-counseling model proved practical and well-received, leading to short-term psychological and social benefits among older Thai TGD adults. As the first culturally and environmentally integrated program of its kind in Southeast Asia, this approach presents a scalable, peer-driven solution for community organizations aiming to improve TGD mental health and reduce disparities.

MENTAL HEALTH AND WELL-BEING OF CHILDREN AND YOUTH WITH DIVERSE SOGIESC IN THAILAND: RISK AND PROTECTIVE FACTORS

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Abstract

Concern has been raised in recent years about high levels of mental health problems among children and youth. Among children and youth of diverse sexual orientation, gender identity/expression, and/or sex characteristics (SOGIESC), minority stress exacerbates these problems. In 2022, I led a study on the mental health and well-being of children and youth with diverse SOGIESC in Thailand; 3094 participants completed an online survey (mean age: 17.61 years, 70.2% assigned female at birth).

In this presentation, I focus on anxiety, depression, psychological well-being, and their predictors. Linear regression models were used for analysis. GAD-7 mean was 9.34 (SD: 5.68). Risk factors for anxiety (R^2 = .286, p < .001) were past-year violence victimization (β = 0.227)female sex assigned at birth (β = 0.111), insufficient/uncertain own/family income (β = 0.068), lifetime discrimination (β = 0.048), and lifetime forced SOGIE change efforts (β = 0.042); protective factors were resilience (β = -0.377) and higher age (β = -0.056). PHQ-9 mean was 11.34 (SD: 7.07). Risk factors for depression (R^2 = .318, p < .001) were past-year violence victimization (β = 0.233), female sex assigned at birth (β = 0.153), insufficient/uncertain own/family income (β = 0.074), lifetime forced SOGIE change efforts (β = 0.051), and lifetime discrimination (β = 0.051); resilience was a protective factor (β = -0.372). Thai Psychological Well-Being Scale mean was 38.6 (SD: 11.29); predictors (R^2 = .379, p < .001) included resilience (β = 0.470), social support (β = 0.173), lifetime discrimination (β = -0.093), female sex assigned at birth (β = -0.083), and insufficient/uncertain own/family income (β = -0.037). The findings underscore the importance of addressing distal minority stressors (especially violence) and livelihood issues, as well as promoting resilience and social support among children and youth of diverse SOGIESC in Thailand.

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EXPLORING THE ROLE OF SELF-REGULATED LEARNING AND PSYCHOLOGICAL CAPITAL IN ACADEMIC ACHIEVEMENT AND WELL-BEING OF SECONDARY SCHOOL STUDENTS

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Abstract

In the context of increasing academic demands, secondary school students are required to develop not only effective learning strategies but also robust psychological resources to maintain academic performance and overall well-being. The present study examines the predictive roles of self-regulated learning (SRL) and psychological capital (PsyCap)—comprising hope, self-efficacy, resilience, and optimism—on academic achievement and well-being among secondary school students. A sample of 320 students from classes 10 and 12 (aged 15–18 years) was assessed using validated psychological instruments, including the Motivated Strategies for Learning Questionnaire, Trait Hope Scale, General Self-Efficacy Scale, CYRM-R, LOT-R, and the Mental Health Continuum–Short Form. Academic achievement was measured using students' board examination scores. Employing a quantitative correlational design and hierarchical regression analysis, the findings indicated that both SRL and PsyCap were significant positive predictors of academic achievement and well-being. Specifically, metacognitive strategies, motivational beliefs, and emotional strengths emerged as key contributors, while test anxiety demonstrated a significant negative association. The study highlights the critical role of cognitive and psychological factors in supporting students' academic and emotional development, emphasizing the need for integrative educational practices that promote self-regulation and psychological resilience.

Keywords: Self-regulated learning, Psychological capital, Academic achievement, Well-being, Secondary school students

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DEVELOPING PSYCHOSOCIAL RESOURCES TO ENHANCE PRO-ENVIRONMENTAL BEHAVIOR AND WELL-BEING OF UNIVERSITY STUDENTS IN THAILAND

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Abstract

It is undeniable that climate change is having an increasing impact on our lives. There is growing environmental concern among the youth, as well as a sense of despondency due to the lack of resources available to create meaningful change in addressing this issue. There are scant studies in the context of Thai university students, and the integration of psychosocial resources in this context remains unexplored. Thus, this quantitative research aimed to examine the role of psychosocial resources, namely psychological capital (PsyCap) and social capital (SC), on pro-environmental behavior (PEB) and subjective well-being (SWB) of university students in Thailand. Using purposive sampling, data was collected through surveys from university students (n = 200). Standardized instruments were utilized for data collection. These instruments were pre-tested, and all scales demonstrated high reliability with Cronbach's alpha scores ranging from α = .74 (PEB) to α = .84 (SC). Path analysis showed that both psychological capital and social capital were significant predictors of pro-environmental behavior and subjective well-being. The results highlight the significance of perceived social capital among students in promoting pro-environment behaviors. This includes creating networks and volunteering opportunities in universities for students. Furthermore, comprehensive efforts to enhance psychological capital among the graduates would not only enhance pro-environment behaviors, but also their overall well-being. Future research, particularly qualitative and intervention studies, could further strengthen these connections. Grounded in the social cognitive and conservation of resources theories, this research offers several recommendations for stakeholders in higher education in Thailand and other similar contexts.

Keywords: Conservation of resources (COR) theory, Pro-environmental behavior, Psychological capital, Social capital, Social cognitive theory, Subjective well-being.

ATTRIBUTING SUCCESS TO EFFORT VS. INTELLIGENCE: A VIGNETTE-BASED STUDY ON CHINESE COLLEGE STUDENTS' MINDSET BELIEFS.

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Abstract

Students' mindsets are closely linked to how they attribute academic achievement. While individuals with a growth mindset typically credit success to effort, those with a fixed mindset tend to attribute it to intelligence. This study examined whether these attribution patterns hold true in the Chinese context. Using an experimental vignette-based design, we surveyed 114 undergraduate students from two Chinese universities. Participants were presented with a vignette describing a successful individual with outstanding academic and professional achievements. Students were asked to attribute their success to intelligence or effort. ANOVA results revealed that both growth and fixed mindset students attributed success more to effort than intelligence. This study underscores the influence of Chinese cultural beliefs on mindset attributions and highlights the central role of effort in shaping achievement perceptions among Chinese students.

Keywords: Growth mindset, Fixed mindset, Attribution, Academic achievement, Vignette-based study

EFFECTS OF FACIAL EXPRESSIONS ON FIRST IMPRESSIONS[a]

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Abstract

As a crucial component of social evaluation, first impressions are often conceptualized as comprising three core dimensions: attractiveness, trustworthiness, and dominance or competence (Sutherland et al., 2020). In general, happy expressions tend to enhance perceptions of trustworthiness, while angry expressions tend to increase perceptions of dominance (Todorov et al., 2008).

This study examined the effects of four emotional facial expressions—happiness, anger, disgust, and sadness—compared to a neutral expression, on the formation of first impressions along the three dimensions of attractiveness, trustworthiness, and dominance.

The results revealed similar patterns for attractiveness and trustworthiness: happy expressions led to significantly higher ratings than neutral expressions, while angry, disgusted, and sad expressions resulted in lower ratings. For dominance, angry expressions increased ratings, whereas sad expressions reduced them. Furthermore, gender differences were observed across the different impression dimensions.

Beyond replicating general patterns found in earlier studies, this study also explored how gender differences influence first impression formation when evaluating male versus female faces. Notably, for the dominance dimension, happy expressions reduced perceived dominance only in male faces. This suggests that male faces are more strongly associated with dominance overall, and that facial expressions can modulate this association.

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The Impact of Facial Expressions on First Impressions.

Keywords: Facial expressions, Impression formation, Attitude change

COGNITIVE ABILITY ACROSS CULTURES

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Abstract

Variation of cognitive ability across cultures remains a controversial topic. However, evidence suggests numerous mechanisms by which cognitive abilities are influenced by socioeconomic and cultural factors. As such, on average, variations in cognitive ability should be expected to exist between different countries. In particular, high-level, top-down application of cognitive control, which involves choices based on past experience, within dynamic and ambiguous contexts, could be anticipated to show the most susceptibility to interpretation, past learning, etc. (i.e., cultural influence). This would include the closely intertwined concepts of general intelligence, and executive function. Another reason that cross-cultural comparisons of cognitive ability are controversial is because they often involve comparison of a WEIRD culture (i.e., Western, Educated, Industrialized, Rich, and Democratic) with a non-WEIRD culture. We compared high-level cognitive abilities between closely matched samples from two different non-WEIRD cultures: Thailand, in South East Asia, and Ecuador in South America. To match for equivalent samples, we recruited psychology undergraduate students at the most prestigious university, in the capital city, of each of the two countries. In total 84 students were assessed with a standardized assessment of general intelligence (Raven's Progressive Matrices), and the Jansari assessment of Executive Functions (JEF©), which provides scores on eight different aspects of executive functioning. We found several differences in cognitive task performance between the samples from the two cities. Ecuadorian students performed significantly better than Thai students on creative thinking, and adaptiveness. In contrast, Thai students performed significantly better than Ecuadorian students on prioritization and event-based prospective memory. On a more general observation, there was a significant statistical interaction, with Ecuadorian students displaying less general intelligence, but better overall executive functioning than Thai students. These results are incompatible with a single, general factor impacting development of high-level cognitive ability (e.g., socioeconomics), and suggest a multifactorial influence of cultural differences.

Keywords: Cross-cultural cognition, Executive function, General intelligence, Thailand, Ecuador

QUALITY ATTENTION AND IMAGINATION FACILITATED CORTICOSPINAL EXCITABILITY DURING CONGRUENT ACTION OBSERVATION AND MOTOR IMAGERY

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Abstract

Motor skill learning is a fundamental aspect of life, yet acquiring new skills typically requires substantial time and physical effort. Action Observation and Motor Imagery (AO+MI) offer potential avenues for enhancing skill acquisition without overt movement. Two competing frameworks have been proposed to explain AO+MI interactions: The Dual-Action Simulation Hypothesis (DASH), which suggests parallel simulation of observed and imagined actions, and the Visual Guidance Hypothesis (VGH), which suggests imagery primarily enhances perceptual processing of observed actions. The current experiment examined these mechanisms in 21 participants using single-pulse Transcranial Magnetic Stimulation (TMS) to assess corticospinal excitability (CSE), a proxy for motor system engagement. TMS was delivered to the left primary motor cortex while participants observed videos of either a left or right hand squeezing a sponge (AO), concurrently imagining performing the same action with either their left or right hand (MI), forming a 2×2 congruency design. The hand activity was recorded via an electromyogram (EMG), where the peak-to-peak motor evoked potential (MEP) amplitude was calculated. After each block, participants rated their attentional focus and imagery vividness. Repeated-measures ANOVA to assess the main effects of AO and MI congruency and their interaction on normalized MEP amplitudes. Repeated measures ANOVA was also used to analyze the interaction between AO and MI congruency (congruent, incongruent) and participants' attention and vividness ratings on MEP amplitudes, respectively. Results indicated that CSE facilitation during right-hand observation was dependent on high attentional focus, and similarly, vivid right-hand imagery was associated with increased CSE facilitation. These findings suggest that while AO and MI can engage motor learning mechanisms, their effects are modulated by the quality of one's attention and imagination to optimize motor skill learning.

Keywords: Motor skill learning, Action observation, Motor imagery, Transcranial magnetic stimulation, Corticospinal excitability, Dual-action simulation hypothesis, Visual guidance hypothesis

A STUDY ON EFFECTIVE PACKAGE COLORS USING COLORS ASSOCIATED WITH BASIC TASTES

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Abstract

The five basic tastes—sweet, salty, sour, bitter, and umami—are each associated with specific color images, which are believed to be based on physiological factors. Since the taste of food and beverages is strongly influenced by visual appearance, using these colors in packaging design can effectively enhance the impression of a product's taste. However, the colors identified so far are based on memory, which may differ from actual colors, so it is necessary to examine the effects of color saturation and adjust it appropriately for practical application in packaging.

This study investigated how the saturation of colors associated with basic tastes affects the taste impressions conveyed through packaging. Stimuli consisted of package images featuring illustrations of five representative foods and beverages (e.g., chocolate for sweet, potato chips for salty, orange flavor gummy for sour, coffee for bitter, cheese for umami), with background colors corresponding to each basic taste based on prior research. The saturation of each background color was adjusted to five levels. Twenty-one university students participated in the experiment, performing a paired comparison task in which they selected the image that gave a stronger impression of the target taste. Eye-tracking was conducted at the same time to record visual attention.

The results showed that images with higher saturation were more frequently selected for sweet, salty, sour, and umami tastes. In contrast, for bitter, lower saturation images were more often selected. Eye-tracking revealed that participants tended to spend more time looking at the selected images. For sour, an interaction was found between the order of viewing and gaze duration, but no such effect was observed for the other tastes.

These findings suggest that color saturation plays a significant role in enhancing taste impressions associated with basic tastes in product packaging.

Keywords: Basic tastes, Saturation, Eye tracking, Package, Select

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EFFECTS OF TWO-PERSON INTERACTION IN DECISION-MAKING ACROSS DOMAINS
—FROM PERCEPTUAL TO AESTHETIC JUDGMENTS—

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Abstract

People naturally share their information and make decisions with others across various situations, ranging from low-level perceptual to high-level social decision-making. Such decision-making is closely related to individual and collective well-being. Recent experimental studies have reported that two-person interaction improves performance accuracy in perceptual decision-making, in contrast to some famous failures in group decision-making (e.g., conformity and group polarization). While most experimental studies have focused on changes in performance accuracy, decision outcomes are determined not only by performance accuracy but also by the decision criterion. Therefore, we investigated how two-person interaction affects perceptual decision-making, focusing on both sensitivity and decision criterion. We revealed that two-person interaction enhanced visual sensitivity and shifted the decision criterion in a liberal direction in the perceptual task.

Extending this line of research, we have recently started to investigate whether two-person interaction effects can be seen in high-level tasks, such as aesthetic judgments. Although such judgments are often made by multiple people, it remains unclear whether the aesthetic judgments made by a dyad differ from those made by individuals or the average of the two members. Therefore, we examined the effects of two-person interaction in aesthetic judgments using a two-alternative forced-choice (Experiment 1) and yes-no task (Experiment 2), both based on the Visual Aesthetic Sensitivity Test (Götz, 1985), which consists of image pairs with objectively defined correct answers. We found that two-person improved sensitivity to judge the quality of the design only in a two-alternative forced-choice. On the other hand, the decision criterion did not differ between the average of individuals and dyads in both tasks. Finally, we discuss the future implications for the field of two-person decision-making.

Keywords: Two-person decision-making, Perception, Aesthetic judgments, Signal detection theory

UNDERSTANDING TECHNOLOGY ADOPTION IN HONG KONG'S DEEP-OLD POPULATION: A QUALITATIVE STUDY BASED ON THE UTAUT MODEL

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Abstract

This qualitative study investigates the attitudes and intentions of elderly individuals aged 70 and above in Hong Kong towards new technologies, framed by the Unified Theory of Acceptance and Use of Technology (UTAUT) model. Through interviews with 30 participants conducted between 2018 and 2019, the research validates the relevance of UTAUT's core constructs—performance expectancy, social influence, facilitating conditions, and effort expectancy—in shaping technology acceptance among the elderly. Moreover, the study identifies additional factors unique to this demographic, notably self-efficacy and price, which significantly affect their willingness to adopt technology.

Findings reveal that older adults value technology primarily for enhancing quality of life, particularly for communication with family, entertainment, information access, and health management. Social influence, especially encouragement from children, plays a vital role in motivating adoption. Facilitating conditions such as family support and community learning opportunities are crucial, while perceived difficulty in use and cognitive decline challenge adoption. Price sensitivity is prominent, reflecting cultural values of thriftiness and economic constraints.

The study highlights the importance of tailoring interventions and policies to address these factors, promoting digital inclusion and supporting the elderly to benefit from technological advancements. It underscores the need for affordable, user-friendly technologies and targeted support systems that build self-efficacy and address age-related cognitive barriers. By expanding the UTAUT model with culturally and demographically specific factors, this research contributes to a deeper understanding of technology acceptance among Hong Kong's aging population and offers practical insights for fostering their digital engagement and improving their quality of life.

Keywords: UTAUT, Elderly technology acceptance, Self-efficacy, Digital inclusion, Hong Kong Chinese

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TOURISM PSYCHOLOGY OF SLOW WALKING IN NIGHT MARKETS

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Abstract

The recent rise of positive psychology in tourism studies focuses on the well-being, experiences, behaviors, and emotions of tourists. This perspective emphasizes factors that contribute to mindfulness and satisfaction among visitors to nature-based attractions, heritage sites, sightseeing spots, and other tourism destinations. This empirical study examines the behavior of tourists strolling through the night markets of Bangkok. Night markets are traditionally seen as places for shopping, yet many visitors arrive without the intention of making any purchases. Instead, they often go simply to hang out with friends or to pass time after dinner. The research aims to understand tourist behavior and emotional responses in night markets from the perspective of tourism psychology. Ethnographic methods, including participatory observation and open-ended interviews, were conducted with foreign tourists at two night markets in Bangkok. Findings suggest that some tourists are experience-oriented consumers who do not visit with the intention of purchasing goods or fulfilling material goals. They move at a leisurely pace, similar to window-shoppers in indoor malls. While some may buy snacks or drinks, or sit down for a beverage in the market's pubs or bars section, their primary motivation is not consumption. Positive emotions are generated during the slow strolling experience, contributing to the formation of meaningful tourist memories. This study addresses a gap in tourism psychology by examining how tourists, as experience-consumers, create and attach meaning to the slow-paced act of walking through night markets.

Keywords: Tourism psychology, Slow travel, Strolling, Consumer experience, Night markets

INDONESIAN BIODIVERSITY, ETHNICITY, AND RELIGION IN A CROSS-CULTURAL PSYCHOLOGICAL PERSPECTIVE

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Abstract

Indonesia is a country rich in biodiversity, ethnicity, and religion, making it a complex and dynamic social space. From the perspective of cross-cultural psychology, this diversity is not only a source of cultural wealth, but also a potential for social conflict if it is not managed inclusively and adaptively. This study aims to investigate the impact of the interaction between biodiversity, ethnic identity, and religion on the psychological dynamics of individuals and groups within the multicultural Indonesian context.

The theoretical approach used is the social identity theory of Tajfel & Turner, as well as the ecopsychological approach that emphasizes the relationship of humans with their natural environment. The methodology used is a qualitative approach with case study methods in three regions: Papua, Minangkabau, and Bali, each of which has unique biodiversity, ethnic culture, and belief systems. Data were collected through in-depth interviews, participatory observations, and documentation, and analyzed with thematic techniques. The results of the study show that emotional attachment to the natural environment, local wisdom values, and contextual religious practices are the main supports in forming a harmonious collective identity. However, in some contexts, conflicts arise due to overlapping identity claims and unfair exploitation of natural resources. This study confirms that a cross-cultural approach in psychology is able to uncover the complex relationships between identity, spirituality, and the environment. The novelty of this study is the integration of ecopsychology perspectives with social identity in understanding Indonesia's diversity as a psychosocial force, not just a source of vulnerability. This research recommends the importance of developing locally-based multicultural education and environmental conservation policies that pay attention to the cultural and spiritual values of the community. This is an important foundation in building sustainable social cohesion in the midst of Indonesia's plurality.

Keywords: Biodiversity, Ethnic, Religion, Cross-cultural psychology perspective

THE INDONESIAN VERSION OF THE COGNITIVE, AFFECTIVE, AND SOMATIC EMPATHY SCALE (CASES-INA) AS A PRELIMINARY SCREENING TOOL FOR VIOLENCE: A CONTRIBUTION TO MENTAL HEALTH AND HUMAN DEVELOPMENT

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Abstract

Empathy plays a crucial role in social behavior and violence prevention. Individuals with low empathy are more prone to aggressive behavior, necessitating a valid and reliable screening instrument. This study aims to examine the psychometric properties of the Indonesian version of the Cognitive, Affective, and Somatic Empathy Scale (CASES-INA) in forensic psychology. Content validity was evaluated by experts to assess item suitability for measuring cognitive, affective, and somatic aspects. Internal structure validity was tested using Confirmatory Factor Analysis (CFA), and reliability was measured using Cronbach's Alpha and test-retest methods. Results show that the Indonesian version of CASES has high validity and reliability, with a consistent three-factor structure (cognitive, affective, and somatic) and Cronbach's Alpha > 0.80. This scale is a valuable tool for early identification of individuals at risk of violent behavior and enriches forensic assessment in Indonesia.

Keywords: Empathy, Forensic psychology, Psychometric, Mental health, Violence screening

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MAKING MENTAL HEALTH HELP MORE ACCESSIBLE, LESS COSTLY, AND LESS STIGMATIZED

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Abstract

Mental health care remains out of reach for many individuals worldwide due to systemic barriers including high costs, stigma, lack of culturally competent care, and limited accessibility—especially for marginalized communities. This paper explores practical and scalable approaches to address these challenges by focusing on accessibility, affordability, and stigma reduction through digital interventions and trauma-informed care models.

Drawing from both clinical experience and lived client narratives, I present an integrated framework developed through my work with immigrants, LGBTQ+ individuals, and trauma survivors in Canada. The presentation highlights how free or low-cost virtual therapy, community partnerships, and culturally sensitive training for providers can effectively bridge treatment gaps. Case studies from refugee clients under the Interim Federal Health Program (IFHP) will be shared, emphasizing the impact of online therapy in overcoming barriers such as language, transportation, and fear of judgment.

This presentation also includes strategies to dismantle stigma through education, inclusive environments, and provider self-awareness. The goal is to foster a mental health culture where help-seeking is normalized and accessible to all, regardless of financial status, identity, or location. Emphasis is placed on the role of psychotherapists in advocacy, digital expansion, and culturally respectful care.

The insights provided are grounded in evidence-based approaches including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and EMDR, tailored to diverse populations. This paper aims to inspire practitioners and organizations to rethink delivery systems in a post-pandemic world and contribute to a more just and accessible global mental health landscape.

Keywords: Accessibility, Stigma reduction, Online therapy, Trauma-informed care, Equity in mental health

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PERCEIVED STRESS, BURNOUT, AND WELL-BEING OF NGO VOLUNTEERS: BASIS FOR INTERVENTION PROGRAM

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Abstract

Although volunteering is widely recognized for its benefits, limited research reveals its potential adverse effects on volunteers' well-being—particularly perceived stress and burnout. Existing studies primarily target healthcare and frontline workers, leaving volunteers from non-government organizations (NGOs) underrepresented. To address this research gap, this study explores the experiences of volunteers from an NGO called I am Making a Difference (I am M.A.D.) through an explanatory sequential mixed-method design. In the quantitative phase, data were gathered from 75 active volunteers using standardized instruments: the Perceived Stress Scale, Copenhagen Burnout Inventory, and BBC Well-being Scale. Findings indicated moderate levels of perceived stress and burnout, while well-being scores also reflected a moderate overall state. Open-ended survey responses revealed preliminary qualitative insights, highlighting recurring challenges such as role overload and emotional exhaustion, lack of peer support and recognition, and internal struggles including self-doubt and negative self-comparison. The study is followed by a qualitative phase involving semi-structured interviews with selected volunteers. Participants were purposively identified based on their quantitative scores, specifically those who scored at the upper end of the moderate range, nearing the threshold for high stress and burnout. This phase seeks to further explore the underlying experiences and contextual factors related to the quantitative findings. Data from this study aim to provide a deeper understanding of the challenges faced by NGO volunteers and contribute to the growing body of research on volunteer support and sustainability, particularly within the Philippine context. The findings offer insights to help NGOs recognize the presence of stress and burnout among their volunteers and guide the development of intervention programs that support and prioritize their well-being and enhance the overall volunteer experience.

Keywords: Perceived stress, Burnout, Well-being, Volunteer, Non-government organizations (NGOs), Mental health

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EXPERIENCES AND COPING STRATEGIES OF PEOPLE WITH MENTAL DISORDERS WHO MAINTAIN FULL-TIME JOBS: PRELIMINARY RESULTS

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Abstract

Background: In Thailand, an estimated 1 in 7 people suffer from mental illness, predominantly in the working-age group (15-59 years). These conditions create substantial challenges including physical symptoms, cognitive impairments, psychological distress, stigmatization, and barriers to healthcare access. Despite these obstacles, many individuals with mental disorders strive to continue full-time employment. Current international literature predominantly focuses on return-to-work processes after long sick leave or disability fund support, with limited attention to the ongoing coping mechanisms used by workers who remain continuously employed. This gap is particularly salient in contexts like Thailand, where legal sick leave is limited, and social welfare and healthcare support for mental health disorders are minimal compared to developed nations.

Objectives: This study aims to understand and explain the experiences and coping processes of individuals with mental disorders who maintain continuous full-time employment, specifically exploring: (1) the experiences individuals with mental disorders face at work and in the workplace, and (2) their coping strategies to maintain continuous employment.

Method: A qualitative research methodology using Constructivist Grounded Theory explores experiences and develops theory explaining coping strategies. Data collection involves semi-structured interviews with individuals who have been physician-diagnosed with mental disorders for at least 12 months and who have maintained continuous full-time employment with the same employer for at least 6 months.

Preliminary Results: Semi-structured interviews with 9 employees (aged 26-42) experiencing depression, anxiety, bipolar disorder, and comorbid conditions revealed negative experiences, including experiencing uncertainty about symptoms and treatment outcomes, questioning mental normalcy, feeling like "treatment guinea pigs", struggling physically and emotionally at work, and encountering workplace discrimination. Positive experiences included receiving empathetic support from colleagues and family, expressing gratitude for survival, and developing pride in overcoming difficulties. Coping strategies encompassed taking extended career breaks, seeking accommodating positions, reducing one's perfectionism, separating personal identity from work self, and maintaining therapeutic relationships. Further interviews, analysis, constant comparisons, and theoretical development are ongoing to construct a grounded theory on this topic.

Keywords: Mental disorders, Workplace experiences, Coping strategies, Continuous employment, Grounded theory, Thailand, Occupational mental health

THE EFFECTS OF DISGUST SENSITIVITY AND OUTGROUP CATEGORIZATION ON VICTIM BLAMING OF SEXUAL CRIME

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Abstract

Victim blaming in sexual crimes is a widespread social issue, and understanding its psychological factors may provide valuable insights for prevention. This study focused on the role of disgust sensitivity in predicting victim blaming, particularly about whether the victim is perceived as an ingroup or outgroup member. We hypothesized that individuals who categorize the victim as an outgroup member and have high disgust sensitivity would be more likely to engage in victim blaming. A questionnaire survey was conducted with 344 Japanese university students. Participants completed measures of disgust sensitivity, victim blaming tendencies, and the extent to which they categorized a fictional sexual assault victim as an ingroup or outgroup member. Based on pre- and post-evaluations, participants were divided into three groups: those who categorized the victim more strongly as an outgroup member, those who categorized her more strongly as an ingroup member, and those whose perception did not change. Correlational analyses revealed that, in the outgroup categorization group, disgust sensitivity was positively correlated with victim blaming ($r = .30$, 95% CI [.12, .46]). However, no significant correlations were found in the ingroup categorization group ($r = .01$, 95% CI [-.19, .20]) and the no-change group ($r = .06$, 95% CI [-.11, .23]). These results suggest that when victims are perceived as outgroup members—who are often targets of moral disgust—disgust sensitivity may facilitate negative judgments such as victim blaming. In contrast, when victims are perceived as ingroup members, disgust sensitivity may not play a significant role. The findings highlight the importance of emotional factors, such as disgust, in predicting victim blaming and suggest new directions for intervention strategies focused on social categorization and emotional responses.

Keywords: Victim blaming, Disgust sensitivity, Outgroup

BEFORE THE RED PEN: FACILITATING EMOTIONAL REGULATION THROUGH METACOGNITIVE PROMPTS IN THE PROCESS OF WRITTEN FEEDBACK PROVISION

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Abstract

Educators frequently experience emotional stress that may inadvertently influence the characteristics of feedback provided to students, with possible consequences for learners' motivation and emotional well-being. This study examines the efficacy of metacognitive prompts, strategically designed questions or cues that stimulate reflective thought and encourage individuals to evaluate and regulate their cognitive performance, as a strategy to assist instructors in regulating their emotions before and during the process of feedback provision, to cultivate more constructive and empathetic feedback. Employing a quasi-experimental, between-subjects design, linguistic instructors from various universities in Taiwan participated in the study. Participants were pre-screened using the PANAS scale, and only those exhibiting a predominance of negative affect were included. Both experimental and control groups evaluated the same student essay, and their feedback was subjected to performance-based analysis using chi-square statistical tests and thematic, color-based coding. Results indicate that the use of metacognitive prompts significantly increased the frequency of positive statements while reducing negative remarks, without compromising the provision of corrective comments. These findings suggest that metacognitive prompting facilitates emotionally attuned and pedagogically effective feedback, thereby enhancing the quality of teacher-student communication within academic settings.

Keywords: Emotional regulation, Metacognition, Teacher feedback, Higher education

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ENDLESS SCROLLING: EXPLORING THE ROLE OF SELF-REGULATION SKILLS ON SMARTPHONE ADDICTION AND SLEEP PROCRASTINATION

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Abstract

With the rise in smartphone use, sleep procrastination has become increasingly prevalent, often compromising individuals' overall well-being. However, the potential protective role of self-regulation skills in this relationship remains underexplored. This study investigates the relationship between smartphone addiction and sleep procrastination, and examines whether levels of self-regulation skills mitigate this association. Data were collected from 280 employees working a minimum of 20 hours per week. The findings indicated that higher levels of smartphone addiction were significantly associated with increased bedtime procrastination. Although greater self-regulation skills were negatively associated with both smartphone addiction and sleep procrastination, they did not moderate the relationship between the two. These results suggest that self-regulation skills, while beneficial on their own, do not weaken the association between smartphone addiction and sleep procrastination. Additionally, age was negatively associated with sleep procrastination, indicating that younger individuals may be more vulnerable to these behaviors. This study highlights a limitation of the social cognitive theory of self-regulation and underscores the need for further research into additional protective factors. Identifying effective interventions to promote healthier smartphone use and improve sleep hygiene remains essential for enhancing well-being in working populations.

Keywords: Sleep procrastination, Self-regulation skills, Smartphone addiction

THE MEDIATING ROLE OF SELF-EFFICACY IN THE RELATIONSHIP BETWEEN PERFECTIONISM AND BURNOUT AMONG PROFESSIONAL ESPORT ATHLETES

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Abstract

While perfectionism is a common trait among traditional sport athletes, its dual nature the adaptive and maladaptive has prompted questions about its role in high-stress, competitive environments such as esports. This study examined the predictive relationships between perfectionistic striving, perfectionistic concern, self-efficacy, and burnout among professional esport athletes. Data was collected in-person surveys to 266 professional esport athletes competing in Tier 1 to 3 tournaments. Partial Least Squares Structural Equation Modeling (PLS-SEM) via WarpPLS 8.0 was utilized to analyze the hypothesized direct and indirect effects among variables. Perfectionistic striving had a strong positive direct effect on self-efficacy ($\beta = 0.82$, $p < .01$, $f^2 = 0.650$) and have a small significant positive direct effect on burnout ($\beta = -0.11$, $p = .04$, $f^2 = 0.035$). Perfectionistic concern did not significantly predict self-efficacy ($\beta = 0.03$, $p = .30$, $f^2 = 0.014$) but had a strong, positive direct effect on burnout ($\beta = 0.58$, $p < .01$, $f^2 = 0.317$), indicating its maladaptive role. Self-efficacy negatively predicted burnout ($\beta = -0.12$, $p = .02$, $f^2 = 0.030$), confirming its role as a protective psychological factor. Mediation analysis revealed that self-efficacy partially mediated the relationship between perfectionistic striving and burnout ($\beta = 0.099$, $p = .010$, $f^2 = 0.032$), but not between perfectionistic concern and burnout ($\beta = -0.004$, $p = .465$, $f^2 = 0.002$). The model explained 66.4% of the variance in self-efficacy and 32.2% in burnout. These results underscore the dual nature of perfectionism in esports. 1) Perfectionistic striving enhances self-efficacy and reduces burnout risk indirectly, 2) Perfectionistic concern contributes to burnout directly. Interventions that enhance adaptive perfectionistic striving and self-efficacy may serve as protective strategies against burnout among professional e-sport athletes.

Keywords: Esports, Perfectionistic strivings, Perfectionistic concerns, Self-efficacy, Burnout

SOCIOECONOMIC STATUS AND COGNITION: UNDERSTANDING THE EFFECTS ON LANGUAGE, INTELLIGENCE, AND EXECUTIVE FUNCTION

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Abstract

Socioeconomic status (SES) is a well-established predictor of cognitive development, yet most research on this dynamic is in Western nations. The current study investigates how SES correlates with language, intelligence, and executive function (EF) in Thai adults, addressing gaps in understanding SES-cognition relationships in Southeast Asia. A sample of 24 participants completed cognitive assessments, including language, intelligence, and EF tasks. SES was measured via composite scores of education, income, and occupation. Nonparametric correlations and subgroup analyses were conducted. Results revealed a robust correlation between high SES and all three domains of cognitive function. Workers showed strong SES-cognition links, with SES predicting better Thai phonemic fluency, reasoning and English proficiency, while students presented negative SES-language correlations, suggesting contextual moderators. Findings are consistent with Western research on SES-cognition links within worker subgroups but emphasize cultural variations. SES effects were more substantial among workers, possibly attributable to workplace requirements and resource access, while students' negative relationships may reflect institutional factors or academic stress. The study highlights the need for culturally specific interventions to tackle SES-based disparities in Thailand's unequal educational landscape.

Keywords: Cognitive development, Socioeconomic status, Language, Intelligence, Executive function

CROSS-CULTURAL PREDICTIVE MODELING OF THAI ENGINEERING STUDENTS' RESEARCH AND INTERNSHIP PARTICIPATION USING MACHINE LEARNING

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Abstract

This study investigates a cross-cultural predictive modeling approach to forecast participation of Thai engineering students in international research and internship programs at King Mongkut's University of Technology Thonburi between 2017 and 2024. Utilizing machine learning techniques via the Waikato Environment for Knowledge Analysis platform, it assesses four classification algorithms—J48, Sequential Minimal Optimization, Random Forest, and Random Tree—using academic and experiential data from engineering students. Key attributes such as grade point average, educational background, institutional support, prior international exposure or programs previously participated, and field of study were analyzed. After rigorous preprocessing, ten attributes were selected for classification, with SMO achieving 100% accuracy in predicting student preferences between Association of Southeast Asian Nations (ASEAN) and other countries. The findings highlight the potential of data-driven decision-making to enhance student mobility strategies, personalize internship opportunities, and support inclusive, learner-centered global engagement. The proposed classification model offers a scalable framework for advancing internationalization in engineering education by identifying critical factors influencing student participation in overseas programs.

Keywords: Data mining, Neural networks, Decision tree algorithm, Student mobility

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EXPLORING IMPLICIT ASSOCIATIONS BETWEEN EFFORT AND SUCCESS: AN IAT PILOT STUDY ON CHINESE STUDENTS' SUBCONSCIOUS BELIEFS

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Abstract

This study looks into the implicit associations between effort and success among Chinese students. Using the Implicit Association Test (IAT), this research aims to uncover whether Chinese students implicitly associate success more with effort than with talent. The study involved students from Chinese Universities and collect data from four Universities in Wenzhou. During the test, words related to talent/ effort and success/failure will appear on the subject's screen, and the subject will use the E and I keys on the keyboard to select the category they prefer. By collecting each participant's response times to calculate the D-value for this study. The findings suggest a significant implicit preference for associating success with effort rather than intelligence. The mean D-value and the results of the Wilcoxon Signed Rank Test indicate that Chinese students subconsciously believe that hard work is more critical to success. These discoveries may shed light on the design of educational programs to better understand and support students' learning and development, contributing to improved educational outcomes.

PERCEPTION OF MENTAL HEALTH AND WILLINGNESS TO PURSUE PSYCHOLOGICAL HELP AMONG THAI INDIVIDUALS

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Abstract

Though about one in eight people worldwide live with a mental health condition, most individuals fail to receive help. In countries such as Thailand, specifically, though there is an increased awareness of mental health, significant barriers towards mental health still remain. The purpose of this study was to examine the attitudes and willingness of Thai people towards seeking professional psychological help by assessing four key factors; trait anxiety, superstition, autism, and cognition (theory of mind). Involving 55 participants from Bangkok, Thailand, we conducted an online questionnaire. A majority of the participants were female and Buddhist, with a mean age of 29.22 years, ranging from 18 to 53 years. Data analysis consisted of a standard multiple regression analysis and a preliminary analysis involving mean, standard deviation, Pearson's correlation, and a Spearman's rho correlation. Preliminary analysis revealed a significant negative correlation between attitudes towards help-seeking and autistic traits, and attitudes towards help-seeking and age. No significant correlations were found between the other three factors and attitudes towards seeking help. A regression analysis revealed autistic traits and age to be significant, independent predictors of attitudes towards help-seeking, whereas trait anxiety, superstition, and cognition (theory of mind) were not found to be significant predictors. An independent samples t-test analysis on religious groups showed that Buddhists scored significantly higher on the superstition scale compared to non-Buddhists. This research highlights real-world implications of creating a safe environment for autistic individuals seeking help and increasing positive attitudes of Thai people towards psychological help-seeking.

Keywords: Help-seeking, Autism, Superstition, Stigma, Thailand

SYNESTHETIC COLOR ASSOCIATIONS FOR THAI ALPHABET AND DAYS OF THE WEEK

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Abstract

This study investigates synesthesia-like experiences among Thai speakers, specifically, grapheme–color and day–color associations using the Thai alphabet and days of the week. Although synesthesia is typically understood as an innate phenomenon, recent findings suggest that synesthetic experiences can be induced through training. With Thailand's unique cultural context that reinforces day-color and letter-noun pairing both in educational settings and daily life, this research aims to examine whether the general Thai population exhibits behavioral and phenomenological markers of synesthesia. Thirty-two Thai undergraduate students were recruited. Participants were administered color picker tasks and synesthetic Stroop tasks to determine the specificity, consistency, and automaticity of the experience, respectively. Moreover, open-ended questions regarding the phenomenological property of the synesthesia-like experience were also administered to compare with those previously reported by synesthetes. The results revealed that 93.3% and 63.3% of the sample performed at the same level as synesthetes (showing an Euclidean distance score of less than 135, as calculated by the R package Synr) for the day and grapheme color-picker tests, respectively. Repeated measure T-test revealed that participants responded significantly faster in congruent trials of the day Stroop task, but no significant difference in accuracy. In the grapheme Stroop task, participants showed significantly greater accuracy in congruent trials with no significant difference in reaction time. In terms of synesthetic experience, most participants described seeing the association in their "mind's eyes". Our results indicated that the participants had behavioral markers similar to synesthetes in most aspects. Moreover, the result also reveals challenges of using existing synesthesia batteries or score thresholds in different languages, as the property or learning strategy for some languages might already encourage color-pairing more than others. This research addresses a significant gap in synesthesia literature by focusing on the Thai language and contributes novel insights into synesthesia across languages and cultures.

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PERCEIVED UNDESIRABILITY AS A MEDIATOR BETWEEN EXPOSURE TO INCONSISTENT INFORMATION AND PERCEIVED STRESS IN SOCIOPOLITICAL CONTEXT

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Abstract

Social media in Indonesia has been increasingly used as a tool to spread misinformation and hate speech during elections, fueling political polarization. This phenomenon peaked during the 2024 elections, as non-political actors dominated political discourse, heightening risks of manipulation and information overload amid societies. Information overload, especially inconsistent information, would trigger cognitive and psychological discomfort such as stress, cognitive conflict, and changes in attitudes or beliefs. This study aims to examine the effects of information overload and inconsistency on individuals' emotional responses, particularly increased stress. The study hypothesizes the following: (1) the effect of exposure to inconsistent information on perceived stress levels is mediated by perceived undesirability; (2) individuals exposed to inconsistent information would experience elevated levels of perceived stress. Between-subject experimental designs with one control group and two treatment groups were employed (N=150). The control group was given 3 consistent socio-political news items; one treatment group was given an intervention of 5 inconsistent news items covering the health, economic, and policy sectors with different framing, while the second one was given an intervention of 10 inconsistent news items. Perceived Stress Scale (PSS) used as a scale to measure stress and perceived undesirability was measured by a seven-point Likert Scale. ANCOVA was used to assess the impact of the type of information as an independent variable with perceived stress as a single dependent variable and perceived undesirability as a covariate. This research found no significant effect of inconsistent information exposure on individuals' perceived stress. However, perceived stress experienced by the treatment groups was higher than the control group. Any further research should consider the level of individuals' political efficacy, personal sentiments on political matters, and ambiguity tolerance towards information inconsistency to gather more comprehensive explanations .

Keyword: Inconsistent information, Information overload, Stress, Perceived undesirability, Sociopolitical, Between-subject experiment

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RELATIONSHIP BETWEEN CELEBRITY WORSHIP IN VTUBER FANS AND PSYCHOLOGICAL WELL–BEING WITH PROBLEMATIC SOCIAL MEDIA USE AS A MODERATOR

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Abstract

This study began during the COVID-19 pandemic, which led to Virtual YouTubers (VTubers) becoming increasingly known on social media. Until now, the audience has grown largely and become their fans. Furthermore, social media has increasingly taken its role in daily life, which affects problematic social media use behaviors. Our aim is to study the relationship between Celebrity Worship (CW) in VTuber fans and Psychological Well-Being (PWB) with Problematic Social Media Use (PSMU) as a moderator.

In this study, we have used 3 online survey questionnaires, including 1) Celebrity Worship questionnaires 2) Psychological Well-Being questionnaires 3) Addiction to Heavy Viewing questionnaires. We collected the data from a sample of 385 VTuber viewers aged between 18 - 35. After screening, 236 participants provided data suitable for the research, including 103 males, 85 females, 33 LGBTQ+, and 15 people who did not specify their gender.

We analyzed the sample data to test the hypotheses using the RStudio program, and the findings revealed that 1) No significant correlation was found between CW in VTuber viewers and PWB ($r(233) = -.07$, $p = 0.26$). However, significant correlations were observed in certain dimensions of PWB. Viewers with low and high levels of CW showed a negative correlation with the dimensions of self-acceptance and environmental mastery in PWB, as well as a positive correlation with the dimension of positive relations with others in PWB. 2) PSMU was found to have a significant negative correlation with PWB ($r(233) = -.17$, $p < .05$). 3) PMSU, the moderator, did not show a significant interaction effect on the relationship between CW in VTuber viewers and PWB. Therefore, we conclude that engaging with VTubers through social media necessitates a level of engagement that brings up good PWB and avoids excessive engagement that could negatively impact mental health, both in the context of being a VTuber viewer and as a general social media user in the present day .

Keyword: VTubers fan, Celebrity worship, Psychological well-being, Problematic social media use

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EXAMINING THE IMPACT OF FUTURE TIME PERCEPTION ON PROSOCIAL BEHAVIOURS: THE MEDIATING ROLE OF MEANING IN LIFE

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Abstract

With the ageing population and heightened demand of psychological health support in society, cultivating prosocial behaviors is essential to address the imminent burdens on both physical and mental health. Previous research has supported the positive effect of perceived future time and meaning in life on prosocial behaviors. The current study was aimed to detangle the relationships among perceived future time, meaning in life and prosocial behaviors. Specifically, this study investigated the mediating role of meaning in life on the relationship between perceived future time and prosocial behaviors among individuals who aged 55 years or above. Individuals aged 55 years and above were selected from a larger study and included in the analysis. A total of 42 individuals (Age_{mean} = 67.60, SD = 7.16) were included in the analysis. Participants completed a questionnaire that assessed their demographic information, future time perspective, meaning in life, and prosocial behaviors. Notably, the results demonstrated a significant full mediating effect of meaning in life on the relationship between perceived future time and prosocial behaviors (Effect = .23, 95%LLCI = .0444 to 95%ULCI = .4288). Specifically, a more expanded future time perceived was associated with greater meaning in life, which, in turn, led to increased prosocial behaviors. While the limited sample size in this study constrains the generalizability of the findings, it also provides valuable insights into the underlying mechanism regarding the effect of perceived future time on prosocial behaviors. Future research could focus on interventions aimed at enhancing meaning in life, which could hopefully promote more prosocial behaviors among the older adults.

Keywords: Prosocial behaviors, Future time perspectives, Meaning in life

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GUIDED BY ODOR: HOW ODOR INFLUENCE OBJECT SELECTION, COLOR PERCEPTION, AND ARTISTIC EXPRESSION

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Abstract

This study investigates how distinct olfactory stimuli influence object choice, color perception, and artistic output. Sixty university students were randomly assigned to three conditions: strawberry odor, rose odor, or no odor. Without prior knowledge of the odors' presence, participants selected and painted one of five presented objects (e.g., lemon, rose, strawberry) within a 15-minute session. Following the task, they identified perceived odors and associated colors using a standardized color panel. Results revealed significant crossmodal correspondences: participants in the strawberry-odor condition favored warm colors such as yellow and pink and predominantly selected the strawberry or lemon. Those in the rose-odor condition frequently selected the white rose and used lighter colors such as white and gray. The control group exhibited more diverse object and color selections. Color extraction using image processing and clustering confirmed the visual trends. The findings suggest that odors subconsciously guide perceptual decision-making, reinforcing the concept of olfactory-driven visual and artistic associations. This study extends existing literature by demonstrating the implicit influence of scent on creative and perceptual choices, with implications for design, marketing, and multisensory cognition.

Keywords: Olfactory perception, Cross-modal association, Color cognition, Object selection, Artistic expression

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SEEING BEYOND THE SPECTRUM: INVESTIGATING HOW KNOWLEDGE, CONTACT QUANTITY AND CONTACT QUALITY AFFECT ATTITUDES TOWARD INDIVIDUALS WITH AUTISM IN THAI UNDERGRADUATE STUDENTS

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Abstract

There is a growing trend of individuals diagnosed with Autism Spectrum Disorder (ASD) enrolling in higher education, the majority of whom still report experiencing adjustment difficulties that can potentially hinder academic success. Nevertheless, there is a lack of literature examining the effects of knowledge and peer interaction (i.e. the level of interaction and quality) with autistic individuals in the Thai post-secondary context. The study aimed to investigate the influence of ASD-related knowledge, contact quantity, and contact quality on Thai undergraduate students' attitudes towards individuals with ASD. A multidimensional approach was employed to assess attitudes across affective, cognitive, and behavioral domains following exposure to a vignette depicting a peer diagnosed with High-Functioning Autism (HFA). Participants (N = 68) completed scales measuring attitudes, ASD-related knowledge, contact quantity and contact quality. A series of standard multiple regression analyses were conducted to examine the relationship between predictors and each subscale of attitudes. The findings revealed that the overall regression model for cognitive attitudes (R^2 = .14) was significant, but none of the individual predictors independently reached significance: knowledge (beta = -.09), quantity of contact (beta = -.19), and quality of contact (beta = -.22). Furthermore, no significant associations were found for affective (R^2 = .06) and behavioral (R^2 = .10) attitudes. The study highlights the need for the development of culturally sensitive scales and increased awareness about this topic to enhance acceptance of undergraduate students with ASD.

Keywords: ASD, Attitudes, Knowledge, Contact, Undergraduate

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RELATIONSHIP BETWEEN RESTING HEART RATE AND FEAR OF AGGRESSIVE BEHAVIOR

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Abstract

The present study aimed to explore the relationships among resting heart rate, interoception, fear of performing aggressive behavior, and actual aggressive behavior. Previous studies have consistently shown that individuals with lower resting heart rate tend to exhibit higher levels of aggression. A commonly suggested explanation is that those with low resting heart rate may be less responsive to the fear of potential danger or anticipated punishment linked to aggressive behavior, which makes it harder for them to inhibit such tendencies. However, in addition to heart rate and fear, interoception—the perception of internal bodily sensations—may play an important role in this process. Interoception is considered essential for emotional processing, as it reflects the sensory input from internal organs. During planning of aggressive behavior, an individual's heart rate may increase, and corresponding interoceptive signals are generated. The ability to attend to these signals may elicit fear of performing aggressive behavior, which could, in turn, help suppress aggressive behavior. To investigate this possibility, we conducted a survey of 42 participants (24 males, 18 females; Mean age = 20.00 years, SD age = 2.09) to measure resting heart rate, interoceptive accuracy, interoceptive attention, fear of performing aggressive behavior and aggressive behavior. The results indicated that fear of performing aggressive behavior mediated the relationship between resting heart rate and aggressive behavior among the individuals with low interoceptive accuracy or low interoceptive attention. These findings suggest that interoception plays an important role in the emergence of fear of performing aggressive behavior.

Keywords: Interoception, Aggressive behavior, Resting heart rate, Fear, Emotion

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AN ENSEMBLE REPRESENTATION OF FACES IS THE AVERAGE FACE, ISN'T IT?

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Abstract

Ensemble perception refers to the ability to extract statistical summary, such as the average, from a group of objects. The representation of this average is called an ensemble representation. For example, when many dots are shown, people can automatically perceive the average size of the dots as an ensemble representation. In the case of faces, previous studies have shown ensemble perception of facial expressions and gaze direction. However, it remains unclear whether the ensemble representation of faces is the average face. Therefore, this study aimed to examine what the ensemble representation of faces is.

A set of three target faces was presented to participants. Then, two test faces were presented to choose the face that looked more likely to exist in the target set (two-alternative forced-choice). Such a trial was repeated 60 times with 9 target faces and 15 test faces. Test faces were constituted of 5 different conditions as follows: T3 (the average of the three target faces), T2N1 (the average of two target faces and one non-target face), T1N2 (the average of one target face and two non-target faces), N2 (the average of two non-target faces), T1 (one of the original target faces).

The results showed average selection rates significantly increased as the number of target faces included in the average face. However, T1 showed a high score as T3. These findings suggest that the ensemble representation of faces is average face.

Keywords: Average face, Paired comparison method, KRC facial expression database

SALT REDUCTION AND PERCEPTIONS OF FOOD HEALTHINESS AND TASTINESS: A KAB STUDY AMONG THE TAIWANESE POPULATION

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Abstract

High salt intake continues to pose significant health risks worldwide, and people living in Asian countries, such as Taiwan, Thailand and Japan, are no exception. According to the latest Nutrition and Health Survey in Taiwan 2017–2020, excessive sodium consumption has been observed as early as age 4 in males and age 7 in females, highlighting the urgent need for salt reduction.

This study explores the knowledge, attitudes, and behaviors (KAB) related to salt reduction, as well as perceptions of food healthiness and tastiness, among Taiwanese population. The UTI scale questionnaire included three items measuring explicit beliefs, along with healthiness and preference ratings for foods selected from both Asian and Western cuisines. In the salt reduction KAB questionnaire, participants answered 11 knowledge, 5 attitude, and 6 behavior items.

The results reflected passive behavior rather than proactive behavior in salt reduction. Despite the moderate level of knowledge and generally positive attitudes. Pearson's correlation revealed no significant relationship between knowledge and attitude ($r = .048$, $p = .627$), and only a weak, non-significant association between knowledge and behavior ($r = .157$, $p = .109$). In contrast, attitude significantly predicted behavior ($r = .327$, $p < .001$). The result of the UTI scales of attitudes showed that individuals explicitly believe that unhealthy food is tastier, while participants' actual evaluations of food preference and health perception were largely independent (healthy=tasty). These suggests that intuitive or affect-driven processes may play a stronger role in shaping actual dietary decisions through sensory perceptions than rational understanding alone.

THE EXAMINATION OF FACTORS INFLUENCING CELEBRITY WORSHIP

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Abstract

Celebrity worship involves an obsessive attachment to celebrities, where admiration escalates to the level of "worship". This behavior has grown notably over the past two decades, raising concerns about its psychological and social impacts. The present study aimed to explore the factors influencing celebrity worship, focusing on ego vulnerability and self-discrepancy. Prior research suggests that these traits can heighten future anxiety, which may in turn lead to stronger celebrity worship. Based on this, the study hypothesized that ego vulnerability and self-discrepancy indirectly influence celebrity worship through future anxiety. An online survey was conducted with 150 participants (78 men, 71 women; $Mean_{age}$ = 21.00, SD_{age} = 1.75). Measures included the Celebrity Attitude Scale, Multidimensional Ego Identity Scale, Self-Discrepancy items, and Inhibitory Anxiety Scale. The results showed significant correlations between ego vulnerability and future anxiety and between self-discrepancy and future anxiety. Notably, among men only, future anxiety was linked to the Intense-Personal (IP) subfactor of celebrity worship. Specifically, the gap between the actual-self and the ought-self heightened future anxiety, which then increased the IP of celebrity worship. This pattern did not appear in women. These findings suggest that for men, the discrepancy between their actual selves and their ought selves may lead to increased future anxiety, which then strengthens their intense emotional involvement with celebrities. The study highlights the unique role of future anxiety and the IP subfactor in explaining this phenomenon, emphasizing that only the "ought/actual" self-discrepancy was influential in shaping this form of celebrity worship.

Keywords: Celebrity worship, Ego vulnerability, Self-discrepancy, Future anxiety

THE INFLUENCE OF AUDITORY STIMULI ON OBJECT SIZE PERCEPTION: FOCUSING ON VISUAL DEPTH INFORMATION

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Abstract

It is known that when a single sensory modality receives information, it can be influenced by other sensory modalities, indicating that sensory modalities are not independent but rather exhibit strong interactions.

In this study, we investigated the influence of auditory stimuli on object size perception, focusing on their relationship with visual depth information. Specifically, we examined how static auditory stimuli with different sound pressure levels affect the perceived size of objects presented within a three-dimensional (3D) scene. By employing visual stimuli designed to elicit depth perception, we aimed to clarify whether auditory information can modulate perceptual judgments of object size even under 3D spatial contexts. Through this approach, we sought to contribute to a deeper understanding of audiovisual integration involved in size perception in complex visual environments.

The results did not show that static auditory cues influenced the perceived size in the 3D space context. The detailed spatial structure provided by the 3D visual scene may primarily determine the perceived size of objects. Therefore, to confirm the effect of the detailed 3D spatial information, we have started conducting a control experiment under 2D conditions and discuss the potential role of visual depth cues on audiovisual interactions.

Keywords: Multi-sensory integration, Audiovisual, Static sound 3D space

ARE INDIVIDUAL DIFFERENCES IN INDIVIDUALISM AND COLLECTIVISM ASSOCIATED WITH HIGH-LEVEL COGNITIVE ABILITIES?

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Abstract

Individuals within different societies tend to express different levels of cultural orientation. Asian cultures, especially in Eastern regions, are associated with collectivist styles of interpersonal interaction. The same region also shows differences from Western cultures in high-level cognitions, for example earlier development of executive functions. Nevertheless, there is inter-individual variance in cognitive development and cultural orientation regarding individualism and collectivism. Furthermore, there may be links between cultural orientation and cognition. Intelligence and executive functions are high-level cognitive abilities that guide goal-directed behavior in complex, ambiguous situations, including social and emotional interactions. These interrelated concepts overlap, therefore, with individual differences related to sociocultural interactions. Past research has linked collectivism to better executive functions in older people in the USA. In addition, cultures that are more individualistic tend to have higher national intelligence test scores. The current study aimed to examine how individualism and collectivism relate to executive functions and intelligence in a sample of 50 Thai university students. All completed a Horizontal and Vertical Individualism / Collectivism questionnaire, Raven's Progressive Matrices to assess intelligence, and a non-immersive virtual-reality assessment of executive function (Jansari assessment of Executive Function, JEF©). We found that executive function, but not general intelligence, was negatively correlated with horizontal individualism. Additionally, a regression analysis revealed that executive function was related to horizontal individualism, independently of intelligence test scores. Other cultural orientation dimensions were not related to high-level cognition. Our results partially align with the previous research from the USA, suggesting a similar association between executive function and cultural orientation. We extend the observation to younger participants from a collectivistic culture. In contrast, we did not find any association between cultural orientation and general intelligence. Overall, our results provide additional insight into understanding the difference between executive function and intelligence, and advancing understanding of how they interact with cultural orientation.

Keywords: Cross-cultural psychology, Executive functions, General intelligence, Cultural orientation, Cognition, Individualism-collectivism

MEASURING EXISTENTIAL LONELINESS IN JAPAN: DEVELOPMENT AND VALIDATION OF THE ELS-J

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Abstract

Existential loneliness (EL) refers to a fundamental sense of separation from others and the universe, often accompanied by distress, emptiness, meaninglessness, or other negative feelings. Although qualitative studies have advanced our understanding of EL, quantitative research has been scarce, particularly in Japan where no validated scale exists. To address this gap, we developed a Japanese version of the Existential Loneliness Scale (ELS-J), based on Hadeei's (2024) original ELS, and evaluated its reliability and validity through two online surveys.

In Study 1, 821 Japanese adults completed the ELS-J, along with the UCLA Loneliness Scale, the Lubben Social Network Scale, the Self-Rating Depression Scale, and the Need to Belong Scale. Exploratory factor analysis supported a unidimensional structure, with a total variance explained of 55.9% and Cronbach's alpha of .94. ELS-J scores showed strong positive correlations with loneliness ($r = .77$) and depression ($r = .74$), and a negative correlation with social network size ($r = -.51$), providing evidence for convergent validity

In Study 2, 666 participants completed the ELS-J and additional measures of meaning in life and life satisfaction. Confirmatory factor analysis supported the unidimensional structure and indicated good model fit (CFI = .996, RMSEA = .056, SRMR = .044). As expected, ELS-J scores were negatively associated with meaning in life ($r = -.45$) and life satisfaction ($r = -.60$), supporting the construct validity of the scale.

The findings indicate that the ELS-J is a psychometrically sound instrument for measuring existential loneliness among Japanese populations and could serve as a valuable basis for future research into existential loneliness and psychological well-being in Japan.

Keywords: Existential loneliness, Loneliness, Isolation

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