

## **Aspects Regarding the Reliability of the Translated and Adapted Version of the Gay/Lesbian Identity Scale**

**Iuliana E. Molnar<sup>\*i</sup>**

\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

### **Abstract**

**Introduction:** *Sexual identity has been studied during the last years as a complex dimension of human sexuality, referring to how a person constructs and defines his or her Sexual Self. Sexual identity includes not only the person's sexual orientation, but also social, interpersonal and intrapsychic dimensions. Specialists in the field of human sexuality consider sexual identity to be a subjective and individualized pattern of attractions, erotic desires and fantasies, sexual values and socio-cultural norms regarding the expression of sexuality and the role-sex identity. Sexual identity comprises multiple dimensions, therefore in the structuring, development and consolidation of identity multiple factors are involved, such as: biological factors; the micro-social context; social norms related to gender identity; culture; religious or spiritual beliefs and homonegativity and sexual prejudice. Researching the mechanisms and dynamics involved in the development of homosexual identity, several authors have described theoretical models centered on the formation of a homosexual/lesbian identity (Cass, 1979; Troiden, 1993; D'Augelli, 1994; Fassinger, 1998).*

**Methods:** *Objectives - The main objective of this paper is to test the reliability of the gay and lesbian identity scale (LGBIS scale) (Mohr & Kendra, 2011), which has been translated and adapted according to the purposes and specific of our study of the gay and lesbian identity. Also, another objective is to evaluate whether there are significant differences between lesbian women and gay men regarding the psychological and social mechanisms involved in the development and assumption of one's identity.*

**Participants:** *148 people participated in this study, 89 lesbian females and 59 gay males, aged between 18 and 56 years old, having diverse educational backgrounds (from high school graduation to PhD degree) and living in the Romanian social and cultural context. Instruments:* *The Lesbian, Gay and Bisexual Scale (LGBIS Scale) developed by Mohr & Kendra (2011) was the methodological instrument used. The items of the scale had been translated and adapted so that the instrument could serve the purpose of our research on the mechanisms and dynamics of homosexual identity. Procedure:* *Participants were invited to complete an online version of the scale and had to carefully read each item and then score it on a 5-point Liker scale, ranging from 1 – Strongly*

---

<sup>i</sup> Corresponding author: Iuliana E. Molnar, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, District 5, Bucharest, Romania E-mail: iulia.molnar@outlook.com

*Disagree to 5 – Totally Agree. The participants' responses were recorded at the end, by pressing the "submit" button and without offering any other additional personal information or contact details.*

**Results:** *The LGBIS scale proves to have a very high internal consistency, the value of the Cronbach Alpha Coefficient ranging from a lowest value of 0.739 (concealment motivation subscale) to a highest value of 0.942 (identity uncertainty). In addition, every item of the scale justifies its presence within the scale. In consequence, we didn't have to eliminate any item from the scale, as the value of the internal consistency coefficient could not be increased more. Also, it has been confirmed that there are significant statistical differences between lesbian women and gay men regarding the following identity dimensions: acceptance concerns, internalized homonegativity and identity affirmation.*

**Conclusions:** *The adapted and translated version of the LGBIS scale proved to have a high reliability, as measured by the Cronbach Alpha Coefficient, which means that we can use the scale in order to investigate the psychological and social mechanisms of gay and lesbian identities. We intend to further use the scale in order to deeply investigate and evaluate the way in which gay and lesbian identities are structured and integrated in the person's self-concept and overall identity. The LGBIS scale can help us better understand the relationship between the personal and public aspects of gay and lesbian identities and the way in which these aspects coexist in the lives of gay men and lesbian women. Also, understanding individual differences in the development of sexual identity will provide us with a broader perspective over the specific challenges faced by gay and lesbian persons both at a personal and social level.*

**Keywords:** *gay, lesbian, sexual identity*

\*

\*

\*

# **The Effects of Art-Therapy Techniques on Prenatal Maternal-Fetal Attachment**

**Camelia V. Chetu\*<sup>ii</sup>**

Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Romania

## **Abstract**

**Introduction:** *The creative potential as an innate skill of every human being can be a relevant resource in the experiential personal development process to explore, understand, and optimize the expecting mothers' relationship to their fetuses. Prenatal attachment defined as "the unique relationship that develops between a woman and her fetus" (Muller, 1990) has got important consequences for pregnant women's compliance with healthy practices during pregnancy and for the post-partum relationship with the baby (Condon, 1988, Lindgren, 2001).*

**Objectives:** *This quasi experimental research study aims at presenting an assessment and improvement intervention on prenatal maternal attachment with art-therapy support, undergone during the experiential personal development process for expecting mothers. There were involved 16 pregnant women at 22-24-week gestation, divided into two groups (experimental and control group). The members of the experimental group participated in a prenatal attachment optimizing intervention program structured as four sessions which took place throughout six weeks.*

**Methods:** *Using an questionnaire semi-structured and Prenatal Attachment Interview - PAI (Muller, 1993) - a psychological tool designed to assess prenatal attachment, the data were collected both before and after the experiential intervention group and at baseline and after two weeks of the enrollment for the control group.*

**Results:** *The statistic results obtained underline the significant increase of the overall score PAI for the experimental group subsequently to the intervention to their initial score and the overall PAI points scored by the control group.*

**Conclusions:** *After the prenatal attachment experiential intervention developed with art-therapy support, we noticed significant quality and quantity outcomes regarding the assessment of the prenatal attachment type, the improvement in the participants' emotional contact with their fetuses and in the narrative structure of communication, when they speak about their experiences.*

**Keywords:** *attachment research, expecting mothers, pregnancy, prenatal*

---

<sup>ii</sup>Corresponding author: Camelia V. Chetu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, District 5, Bucharest, Romania. E-mail: chetu.camelia@gmail.com

# **The Attachment Relationship with Emotional Intelligence and Well-Being**

**Doinița E. Nanu\***<sup>iii</sup>

\* Faculty of Psychology and Educational Sciences, Psychology Department,  
University of Bucharest, Bucharest, Romania

## **Abstract**

**Introduction:** *In personality development, attachment experiences are critical for human emotional and cognitive development. Interactions with attachment figures are important for the shaping of individuals' self-image and social world, which are internalized in an internal working model (Bowlby, 1969/1982), based on affective and cognitive representations of self, others, and relationships, which affect individuals' close relationships and emotion regulation throughout their lifespan. Attachment theory has become, also, one of the most influential perspectives through we understand the emotional regulation.*

**Onjectives:** *This study examines the relations between self-reported adult attachment orientation, self-esteem, emotional intelligence development and well-being. This study show the correlations between the types of adult attachment, emotional intelligence and self-esteem, and how these dimensions determine the adoption of emotion regulation strategies, attachment theory becoming one of the most influential perspectives through we understand the emotional regulation and social interaction as adult.*

**Methods:** *75 romanian adults were evaluated with Adult Attachment Scale (Collins & Read, 1990), Global Self-Esteem Scale (Rosenberg, 1965), Emotional Intelligence Test (adapted M. Roco by Bar-On, 1997) and Self-report Well-Being Questionnaire (Nanu, 2014). The results show the secure attachment is significative positive correlation with self-esteem, emotional intelligence and well-being.*

**Results:** *Results reveal correlations between the types of adult attachment, self-esteem level, emotional intelligence development and subjective well-being. Results confirm conclusions of the other studies: Bartholomew and Horowitz (1991) - link between attachment, self-esteem and sociability, Wayne, Cozzarelli & Nebi (2010) or Xu Li & Xue Zheng, (2014) – explore emotional intelligence and self-esteem as mediators of the relationship between adult attachment orientations and subjective well-being.*

**Conclusions:** *We hope that the results of this study will garner sufficient interest among attachment researchers and practitioners, to generate further investigations to the function of attachment involved in well-being.*

**Keywords:** *attachment theory, well-being, self-esteem, sociability*

---

<sup>iii</sup> Corresponding author: Doinița E. Nanu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, District 5, Bucharest, Romania. Tel.: 0771.541.977

## **Creative Techniques In The Psychotherapy of Depression**

**Nicoleta Răban-Motounu\*<sup>iv</sup>**

**\*Faculty of Social and Human Sciences, Department of Psychology and  
Communication Sciences, University of Pitești, Pitești, Romania**

### **Abstract**

**Introduction:** *Psychotherapy research has followed mainly two directions: one dedicated to the efficiency of certain psychotherapeutic programs, and the other to the psychotherapeutic process itself. Somewhere between are the efficiency studies based on the meaning model which has appeared as a reaction to the clinical trials based on the medical model. Process research has revealed especially general aspects related to the psychotherapeutic success like the therapeutic alliance, the perceptual and experiential processing, and characteristics of the psychotherapy session.*

**Objectives:** *In the present article I focus on the use of expressive-creative techniques in the psychotherapeutic process involving persons with depression organizing them by the four phases followed in the experiential psychotherapy of unification.*

**Methods:** *Studies concerning the empty chair or two chairs techniques have helped identify markers of the moments when the psychotherapist may introduce them and their effects. Fewer studies have been dedicated to the creative attitude as a psychotherapeutic mechanism, to the moments when creative techniques may be introduced, and their specific effects. Even though the effect of relieving the emotional tension of the expressive-creative techniques has been known for a long time, or Jung has described the possibility offered by the creative attitude for personal development and fulfillment, a discussion on the interplay between the creative tasks and working on the person's concrete life problems is necessary.*

**Results:** *By creative means, the expression of emotional tension or pain turns into problem solving, focusing the person on herself, new aspects of self-image, possible resources that may help her to cope with real life challenges. It is a complete process of expressing a personal meaning and re-discovering it by reuniting conscious and unconscious messages, reconnecting the person with her "wholeness", with her Self (as the archetype of totality) a truly unifying experience.*

**Conclusions:** *Creative-expressive techniques, even though their efficiency in working with people with depression has been less studied, help achieve important goals in this line by developing the creative attitude of the person, but also serving as a support in solving life problems or in dealing with interpersonal issues.*

**Keywords:** *experiential psychotherapy of unification, depression, creative techniques*

---

<sup>iv</sup> Corresponding author: Nicoleta Răban-Motounu, Faculty of Socio-Humanistic Sciences, University of Pitești, Târgu din Vale 1, Pitești, Argeș, 110040, Romania. Email: nicoleta\_motounu@yahoo.com.

# **Therapeutic Labour - Special Framework of Transformation and Repairment in the Integrative-Unifying Psychotherapeutic Approach. A Case Study**

**Sandrina Mindu<sup>\*v</sup>**

**\*Faculty of Psychology and Educational Sciences,  
Teacher Training Department, „Dunărea de Jos” University of Galați, Galați,  
Romania**

## **Abstract**

**Introduction:** *In the dynamic of the exploratory and enactment process of the life scenario accomplished within the integrative-unifying psychotherapeutic approach, the discovery of the informational contaminations, emotionally in particular, from one generation to another, constitutes a basic practical-applicative objective. In some therapeutic contexts the most difficult and lengthy process is forgiveness. Blockages induced by the impossibility of forgiveness (both of others and, especially, of oneself) maintain habitual neurotic schemes which constitute real traps in personal development.*

**Objectives:** *The overall aim of this paper is to highlight, through a psychotherapeutic framework (case study), the necessity to achieve and, especially, to correlate the therapeutic labour of separation, mourning, forgiveness within the integrative-unifying psychotherapeutic approach. The practical-applicative objective is to offer a possible methodological framework concerning the integration of these labours within the psychotherapeutic approach.*

**Results:** *While the patient works with himself within the therapeutic labour, his insights clarify and break the existing neurotic schemes in his current life scenario, schemes which disturb his personal development. As a result of these insights, and through a supportive and securing therapeutic assistance which plays a transformative and releasing role in this process, the patient changes cognitively, affectively and behaviourally.*

**Conclusion:** *During the transgenerational plan analysis, therapeutic labours (of separation, mourning, forgiveness), as a methodological phase within the integrative-unifying psychotherapeutic approach, are repairing labours of the trap relationships which generate identity confusions associated with emotional addictions which frequently appear in the life scenario of the individuals involved in the psychotherapeutic approach. Therapeutic labours lead to the emotional release, acceptance of the past, restructuring and gaining a new sense of life experience.*

**Keywords:** *separation, mourning, forgiveness, personal development*

---

<sup>v</sup>Corresponding author: Sandrina Mindu, Faculty of Psychology and Educational Sciences, „Dunărea de Jos” University of Galați, Gării 63-65, Galați, 800003, Romania. E-mail:sandrina50@yahoo.com

# **The Fractal Technique - An Experiential Approach of Fractal Images in Reducing Perceived Stress Through Therapy of Unification**

**Raluca Maria Simion\*<sup>vi</sup>**

Faculty of Psychology and Educational Sciences, Psychology Department, University of Bucharest, Bucharest, Romania

## **Abstract**

**Introduction:** *Fractals are self-similar shapes consisting of complex repetitive patterns that are self-similar at different scales infinitely. Their dimension can help explaining how non-linear dynamic systems might work. The most common shapes known as fractals are trees, clouds, blood veins, muscle tissue and the artificial ones generated by computer. It is well known that nature images have an effect in reducing psychological and physiological stress. So why wouldn't fractals shapes do the same?*

**Objectives:** *The main objective of this preliminary research is to validate the possibility of using fractals shapes as a way to reduce perceived stress in experiential groups. Using fractals images as creative meditation support technique (The Fractal Technique) in Therapy of Unification aims to highlight their projective power to access the unconscious easily.*

**Methods:** *Before and after the experiential group intervention, the participants completed two psychological scales that measure the level of perceived stress in the last month and last six months: Perceived Stress Questionnaire (PSQ) and Perceived Stress Scale (PSS)*

**Results:** *The quantitative results showed a significant statistical reduction of perceived stress in all the participants of the experiential group. The qualitative results showed an important projective power of fractals images and shapes if used in experiential manner through creative meditation of Fractals Techniques. During the creative-meditation, 90% of participants managed to access parts of their primary traumas or the Shadow Archetype.*

**Conclusions:** *These first results show a significant influence of fractals in reducing perceived stress which leads us to the conclusion that Fractals Techniques needs to be improved, developed and validated on a larger scale. Also, the results show a big capacity of fractals images used in an experiential manner to transcend.*

**Keywords:** *self-similar shapes, repetitive patterns, chaos theory, dynamic systems*

---

<sup>vi</sup>Corresponding author: Raluca-Maria Simion, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, District 5, Bucharest, Romania. Tel: 0744794378. E-mail: raluca.simionn@yahoo.com