

## Reducing Stress with Short-Time Interventions: CAVA

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### **Abstract**

**Introduction:** Stress, especially under the current situation with the global COVID-19 pandemic, is one of the major factors in endangering both mental and physiological health. Mindfulness and meditation programs promise help but often are time-consuming and require a longer learning process.

**Objectives:** The objective of this article is to evaluate an extremely short-term meditation intervention named CAVA, which provides a variety of brief exercises (90 seconds x 4 times daily).

**Methods:** Over 1000 subjects participated in a 28-day long intervention using these meditation techniques. Participants underwent only basic instruction, and no explicit teaching was provided.

**Results:** Using a questionnaire before and after the training, the results showed clear improvements in participants, both at psychological and at physiological level.

**Conclusions:** Using specific intervention clips stress-related problems can improve after a short period of intervention without long term training. This opens the opportunity of reaching people who otherwise cannot be interested in programs with a long learning curve and also in general addresses the question of effective interventions that can save both time and cost.

**Keywords:** stress, COVID-19, physical health, psychological wellbeing, meditation, mindfulness

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## **Psychological Effects of Stress Involved in the Doctor-Patient and Nurse-Patient Relationship Throughout Imaging Investigations. Case Studies**

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### **Abstract**

**Introduction:** Nowadays stress affecting medical professionals is more and more intense. Studies reveal that it also correlates with a low level of assertive professional communication.

**Objectives:** Analyzing the relationship between stress, depression and interpersonal communication of medical staff with both colleagues and patients at “St. John’s” Children’s Hospital in Galați; capturing of the significant emotional, cognitive and behavioral factors in the psychological functioning of some medical professionals; identifying psychological responses to stressors that cause emotional and behavioral distress reactions.

**Methods:** The present study is a preliminary one and aims to evaluate the psychological effects of stress in the relationship between medical staff and patient, among doctors and other medical staff, on a small number of subjects. Thus, for the study, 4 participants were included, employees of the Radiology Department of “St. John’s” Children’s Hospital in Galați.

**Results:** There is a correlation between healthcare professionals’ stress and interpersonal communication when there is a huge amount of work. All the cases stated in the interview that the high level of work with tight deadlines influence the stress level to a great extent. All of them expressed they were open to receive training on assertive communication.

**Conclusions:** Medical staff face a series of psycho-social challenges which, directly or not, generate a reaction to stress. Sometimes such reactions can be misadjusting, in which case they further generate other problems, such as depression, anxiety, somatizations and others. In the end, the medical act and also the communication between doctor-patient or nurse-patient are affected. We aim to evaluate from a quantitative point of view the influence of stress on the doctor-patient relationship, by studying this phenomenon on a larger group of subjects.

**Keywords:** *doctor-patient relationship, radiology, stress management, professional communication, depression, anxiety, experiential*

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## **The Novel Application of the Lightning Process to Treat Long COVID in Primary Care**

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### **Abstract**

**Introduction:** *As a result of the COVID-19 pandemic, Long COVID (LC) is now prevalent in many countries. Little evidence exists regarding how this chronic condition should be treated, but guidelines suggest for most people it can be managed symptomatically in primary care. The Lightning Process (LP) is a positive psychology focused self-management program which has shown to be effective in reducing fatigue and accompanying symptoms in other chronic conditions, including Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis.*

**Objectives:** *To report on the novel application of the LP to cases of LC.*

**Methods:** *Two cases of LC were referred to the study. A case study approach was used and two validated measures, the 9-item Fatigue Severity Scale and the 14-item Warwick-Edinburgh Mental Well-being Scale and self-reports of mental and physical symptoms were used to collect data pre-, 2 weeks, 1 month and 3 months post the intervention.*

**Results:** *Both patients reported improvements in fatigue, wellbeing and a range of emotional and physical symptoms following the intervention, gains which were sustained in the following months.*

**Conclusions:** *These initial case reports on LC and the LP suggest that research to further assess its effectiveness would be beneficial.*

**Keywords:** *Lightning Process, positive psychology, Long COVID, fatigue, chronic illness, post-viral*

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## **Discover You! – an Experiential Psychoeducational Program**

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### **Abstract**

**Introduction:** *Change is one of the certainties of everyday life. In the current pandemic context, adaptation to newness and change management at individual level have become crucial elements in maintaining one's well-being. To meet the need identified in practice, the experiential psychoeducation program Discover you! was developed. It combines creative meditation, mindfulness, and a unifying drama-therapeutic scenario with concepts specific to Buddhist psychology.*

**Objectives:** *The present research aims to explore and evaluate the effects of the experiential psychoeducational program on the way a person perceives oneself and their life context, to activate personal resources. Starting from the conceptualization of the personal transformation process proposed by Mitrofan (2004) and from research in the field on the effect of mindfulness meditative practice on the quality of life and personal resource development (Didonna, 2009c), it was assumed that such a program acts towards influencing psychological well-being, life satisfaction, self-punitive attitudes, compassion, self-esteem and perceived self-efficacy in participants.*

**Methods:** *A quasi-experimental pre-posttest design was proposed. The participants in the study were chosen by snowball sampling through social media networks. There was a six-week edition of the program with two work groups. The final sample consisted of 12 women (MAge = 38.33) and 6 men (MAge = 39.66), with a total of 18 people (MAge = 38.78) who did not have a previous psychiatric diagnosis, respectively substance use. Two sets of questionnaires were administered, before and after the completion of the program, in digital format. The confidentiality of the data was ensured through an individual coding system.*

**Results:** *Participants marked changes in the level of Personal Growth factor of psychological well-being ( $M_{pre} = 34.61$ ,  $SD = 4.913$ ,  $M_{post} = 24.44$ ,  $SD = 2.229$ , 95% CI [7.506, 12.827],  $t(15) = 8.063$ ,  $p = .001$ ), simultaneously with an increase of the Mindfulness factor of self-compassion ( $M_{dnpre} = 13.50$ ,  $M_{dnpost} = 13.50$ ,  $z = 2.378$ ,  $p = .017$ ). Satisfaction with life recorded significantly higher levels post-program ( $M_{pre} = 20.89$ ,  $SD = 6.333$ ,  $M_{post} = 24.06$ ,  $SD = 5.775$ , 95% CI [1.220, 5.113],  $t(17) = 3.432$ ,  $p = .003$ ). The results mark only trends and cannot be generalized.*

**Conclusions:** *Participating in Discover you! has an impact on life satisfaction, self-compassion, and psychological well-being. Further research is needed to capture their effects and magnitude at the individual level.*

**Keywords:** *psychoeducation, experiential-unification, transformation, well-being, Buddhist psychology, mindfulness*

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## **The Role of Emotional Stability in the Relationship between Social Media Use and Body Image**

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### **Abstract**

**Introduction:** *Body image and social media are key issues in today's society. In the technological era, it is easily observed that the use of social media increases among the population. Statistics from 2020 underline the fact that social platforms, such as Facebook, YouTube or Instagram independently own over 1,500 million users, Facebook alone owning in the previous year most users from the entire world (Statista, 2020). As a result, social media occupies an important role in the individuals' lives and consumes more and more time in their daily activities, thus influencing in a significant way their actions, their interactions and the way they perceive themselves and others.*

**Objectives:** *This paper investigates how emotional stability shapes the dynamics between the intensity of social network use and individuals' body image.*

**Methods:** *The sample consisted of 243 individuals ( $M = 34.63$ ;  $SD = 18.271$ ), both female and male. Data was collected via Google Forms and participation was voluntary. The instruments applied for research purposes were: The Body Appreciation Scale-2; The Social Networking Activity Intensity Scale – SNAIS; and Factor IV [Emotional Stability] 10-item.*

**Results:** *There were two categories of activities in the social media testing: social and entertainment. The results showed that emotional stability mediated both the relationship between social activities and body image ( $B = .23$ ,  $p < .001$ ) and the relationship between entertainment activities on social networks and body image ( $B = .41$ ,  $p < .001$ ). Significant correlations were found between the frequency of engaging in social activities and body image ( $r = .197$ ;  $p < .01$ ), frequency of entertainment activities and body image ( $r = .151$ ;  $p < .05$ ), between emotional stability and frequency of social activities ( $r = -.220$ ;  $p < .001$ ) and between emotional stability and frequency of entertainment activities ( $r = -.193$ ;  $p < .01$ ).*

**Conclusions:** *The present study found that engaging in various activities on social networks contributes to a positive self-image indirectly, as emotional instability decreases. Also, limitations and implications of the study are discussed.*

**Keywords:** *social activities, entertainment activities, Big Five Model, factors of personality, self-image, self-esteem, body positivity, body satisfaction, subjective well-being, life satisfaction*

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## **Imagogenogram – a Binder in the Clients’ Process of Exploration, Observation, Clarification, Resignification**

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### **Abstract**

**Introduction:** *The Imagogenogram (M. Voicu) is a spatial, dynamic genogram, built with the help of cards with images of human figures, bringing together the connotations related to the actual working support (images chosen by the subjects as being similar to their families) with the basic idea of the genogram (evaluation of the family structure and functionality).*

**Objectives:** *Case studies aimed to highlight how this projective technique creates emotional reactions in clients and facilitates the psychotherapeutic process in terms of exploration, observation, clarification, resignification etc.*

**Methods:** *Imagogenograms were created by clients, using the metaphorical cards PERSONA (author Ely Raman) – pictures with human figures, adults and children and with ‘relationships’ (possible types of interactions) and PERSONITA (authors Ely Raman and Marina Lukyanova) – drawings with children’s figures and ‘relationships’, symbolically represented), from OH Cards. The administration of the technique is simple: clients choose cards for their family members. The indication is that these are placed as the client feels. The portrait does not necessarily have to look physically like the represented person, but to remind the client something, a feeling, an interaction, a story. These images are a basis to start the process of exploration. It is important how the client chooses and places these images – their family.*

**Results:** *The Imagogenogram created provides many clues for both the therapist and the client. It is revealing how it connects clients with their family and helps them correlate present events with past interactions with family members. When they come in therapy, often enough clients are focused on the present, on the pain of the now, and sometimes it is difficult to initiate the journey into the past, exploring the broader context of life. The Imagogenogram provides the pretext of discussion and subsequent integration, being a very good binder in the process of exploring transgenerational patterns.*

**Conclusions:** *Those illustrated in front of the clients gain greater poignancy, become more present, more visible, easier to understand; the clients ‘connect’ with authentic people, being able to empathize and forgive, and eventually, liberate themselves and move on.*

**Keywords:** *Imagogenogram, transgenerational, spontaneous projections, emotions, connection, patterns, projective cards*

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