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## **Prevalence Of Technological Addiction And Correlations With Family Functioning Among Italian Adolescents**

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### **Abstract**

*The aim of this study is to evaluate the prevalence of videogames, internet, and mobile phone addictions in Italian adolescents. The objectives of the study are the following: a) to explore gender and age differences in the incidence rates for videogames, internet, and mobile phone addictions; b) to verify the possible relations among technological addictions (videogames, internet and mobile phones), attachment to parents, parental support and control. The study was developed on a sample of 823 subjects (397 boys and 426 girls) from schools in the Province of Pescara (center of Italy). The participants were evaluated by means of three scales of the Shorter Promis Questionnaire, the first scale of the Inventory of Parent and Peer Attachment (IPPA), two scales of Health Behavior Questionnaire. An Identifying Information Form was used to collect demographic information, such as age, gender, educational history, and socio-economic status. The statistical data analysis shows that there are gender and age differences in the use of cell-phones and video games: adolescent girls are more likely than boys to have their own cell- phone, while males play more video games than females. The cell-phone use is higher in younger age group (12-14 years old) than in older age group (14-16 years old). Our results show that with age the internet use increases for males and decreases for females. Adolescents who exhibit problematic use of internet, videogames and cell-phones perceive themselves as being less attached to parents, as well as a lack of support from parents than adolescents who do not have problematic behavior on the considered scales. Results showed a significant effect of parental control on three SPQ scales total scores.*

**Key-words:** *videogames, internet, and mobile phone addictions*

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## **Hypnosis And Regression: An Experiential Therapy**

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### **Abstract**

*We present a psychotherapeutic approach influenced by multiple psychological positions in a plural integration of ideas derived from our clinical experience. This experience allows us to present regressive hypnosis in the context of the experiential therapy. Such past life regression is presented as a promising technique for research, clinical and human improvement. Regressive hypnosis could be located in the field of parahypnosis, as it presents a flexible in-depth intervention, which can be considered an "active technique" within the framework of experiential psychotherapy. We illustrate this therapy with a clinical case which exemplifies our assumptions about regression or past life therapy.*

**Key-words:** *Experiential Therapy, past life therapy, parahypnosis, hypnotic regression.*

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# **Attitudes Towards People With Down Syndrome And Internet Media: A Comparative Study In Spain And Romania**

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## **Abstract**

*This study analyzes the attitudes towards people with Down syndrome derived from carrying out content analysis of comments of two videos on this issue; one recorded in Spain and the other in Romania. Responses were coded by using five attitudinal domains identified in studies of attitudes towards people with disabilities. The results revealed the existence of attitudes ranging from acceptance and vindication of their rights up to overprotection and stereotypical attitudes. We hereby present the results and we offer suggestions for further research.*

**Key-words:** *assessment, attitudes, Down Syndrome, Internet; Content Analysis*

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# **Enhancing Social Competences In Undergraduate Students By Means Of A Humanistic Approach: A Case Study In A Romanian University**

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## **Abstract**

*The present study focuses on developing and validating a program meant to enhance the undergraduate students' social competences involved in professional success, by using techniques derived from humanistic psychotherapies. Firstly, a profile of generic competences for professional success in the Romanian economic environment was created and the result had five important dimensions: communication abilities, capacity for interpersonal relationships, management abilities, ethical behavior, academic and emotional intelligence. Secondly, a program for developing social competences in undergraduate students was validated.*

**Key-words:** *social competences, undergraduate students, humanistic psychology*

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## Pre-School Children's Sensorial Integration Through The Unifying -Experiential Development Group

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### Abstract

*Introduction:* We hereby aim at approaching the impact of the unifying-experiential methods on the development of the body systems and senses because this subject is less known in Romanian psychology and there are few research and working methods in this field.

*Objectives:* Identification of the manner in which the unifying-experiential working method focuses on techniques and exercises which imply complex senses stimulation within the same session. Having been implemented for a period of two months, it influenced the children's body systems integration, awareness and integration of the sense organs and their maturity in comparison with those in the witness samples.

*Methods:* Comparison of the effects of the unifying-experiential development group which has been run weekly for a period of two months together with the witness sample. Each of the two samples includes 30 children aged 3-4 who are registered within the same kindergarten and attend the same educational program. The working method within development groups follows, step by step, the unifying-experiential working paradigm adapted to the expression possibilities specific to their age and rejoins techniques that stimulate tactile, kinesthetic, visual, olfactory senses, taste and hearing. The tool used for testing the children was the projective test – Draw a Person – and its application method was: test – retest.

*Results:* There are significant differences within the Experiential Sample between the initial moment and the final moment ( $t = 8.65, p < 0.001$ ), as well as between the Experiential Sample - final moment and the Witness Sample - final moment ( $t = - 8.216, p < 0.001$ ).

There are no significant differences in the case of the Witness Sample between the initial moment and the final moment ( $t = 0.52, p = 0.60$ ).

*Conclusions:* The unifying-experiential development program significantly supports the children's growth and ageing process, it reaches a better body systems integration in a faster way than the method proposed by the kindergarten program.

**Keywords:** personal development, senses system, educational program, creative techniques;

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## Using TSCC - Trauma Symptom Checklist for Children in Clinical Assessment of Abused Children

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### Abstract

*Introduction:* Child abuse is associated with a variety of negative mental health outcomes. These include anxiety, depression, posttraumatic stress, dissociation, suicidal and self-injurious behavior, anger and aggression, and age-inappropriate sexual behavior or sexual symptoms.

*Objectives:* This study examines how TSCC assesses the specific symptoms of physically, emotionally and sexually abused children.

*Methods:* 30 children aged 8 to 12 years that were clients of the Child Abuse Centre from Child Welfare, 2<sup>nd</sup> District,

*Bucharest, were assessed for maltreatment exposure and psychological symptoms, using TSCC. TSCC is a self-report measure of posttraumatic distress and related psychological symptomatology. It consists of 54 items that yield two validity scales – Under-response, Hyper-response and six clinical scales: Anxiety, Depression, Anger, Posttraumatic Stress, Dissociation and Sexual Concerns. The Under-response and Hyper-response validity scales identify the child's tendency to deny any symptomatology or to over-respond to symptom items. The clinical scales of TSCC measure the extent to which the child endorses six different types of potentially trauma-related symptoms.*

*Results: Abused children's most frequent symptoms are the emotional disorders: depression and anxiety, followed by anger, posttraumatic stress symptoms and dissociation. In case of sexual abuse, sexual concerns occur: sexual preoccupations and sexual distress.*

*Conclusion: TSCC is a very useful measure for the psychometric assessment of traumatic symptoms in children. The test allows simultaneous assessment of posttraumatic stress, dysphoric mood and sexual difficulties of abused children.*

**Key-words:** *abused children, assessment, TSCC, emotional disorders, posttraumatic stress*

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## **The Meanings Of Art Therapy For A Patient Diagnosed With Paranoid Schizophrenia**

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### **Abstract**

*Introduction: The field which focuses on studying the impact of art on the healing process has captured scientists' interest. Most of the psychologists, interested in the examination of the benefits of art therapy, ask themselves whether it has implications on patient behavior, especially on treatment adherence and self-image, in many areas such as cancer and HIV.*

*Objectives: The purpose of this qualitative study of a patient diagnosed with paranoid schizophrenia is to explore the way in which the patient understands, experiments and interprets art therapy. A better understanding of patient's own subjective beliefs and sense making of a given phenomenon is useful to the information of the development of sensitive and effective intervention services.*

*Method: Our subject is a patient of a mental institution, suffering from paranoid schizophrenia, who follows art therapy sessions inside the hospital. We used Interpretative Phenomenological Analysis (IPA) in order to offer insights on how a certain person, in a given context, makes sense of a particular phenomenon. Several semi-structured interviews were conducted with the patient and also with the art therapists, transcribed and analyzed using IPA.*

*Results: The exploration of patient's subjective beliefs led us to the discovery of the outcomes of art therapy sessions from the patient's point of view. The most astonishing effect is the patient's postulation that, while drawing, she does not hear voices anymore.*

*Conclusions: Art therapy represents a medical record, it means revealing aspects such as self-image, feelings and it contributes to the sense of well-being and fulfillment.*

**Key-words:** *art therapy, paranoid schizophrenia, Interpretative Phenomenological Analysis, insights, expression through art.*

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## **Brief Strategic Therapy From Origins to the Italian Model**

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**Abstract**

*This article presents the development of the brief strategic therapy since its birth ('60s-'70s – USA) to its arrival in Europe. The Strategic Therapy Center in Arezzo, Italy was born from the collaboration of Paul Watzlawick and Giorgio Nardone. Since then the Strategic Therapy Center has represented a reference point in the development and the evolution of brief and strategic therapies, intervention models that share the systemic and constructivist matrix according to which the interventions (in all their technical expressions) are those to be adjusted to the client and not the other way around. The article presents the seven points of “split” determined by the Arezzo strategic model, as opposed to classical approaches and its entrance in the panoramic of psychotherapies: using the constructivist point of view regarding “subjective truths” which substitute “absolute truths”, passing from the linear logic to the circular one, the primacy of the process study at the expense of the content, the study of “how a problem works” instead of “why does the problem exist”, the therapist’s idea as a very influential variable in the changing process, turning to non-ordinary logics, using action-intervention. In the end, a short description about the definition of the therapeutic protocol and its operative features is presented.*

**Key-words: therapeutic protocol, non-ordinary logics**

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