

QRMH9

QUALITATIVE RESEARCH
IN MENTAL HEALTH

BUDAPEST

31.8.-2.9.2023



**ABSTRACT
BOOK**

WORK_5: How to analyze psychotherapeutic training processes with (critical) discursive research methodologies

Time: Thursday, 31/Aug/2023: 9:00am - 11:00am · *Location:* GYORGY MARX

How to analyze psychotherapeutic training processes with (critical) discursive research methodologies

Eleftheria Tseliou

University of Thessaly, Greece

This workshop aims to introduce participants to (critical) discursive research methodologies for the study of training processes in psychotherapy research, focusing on the methodology of (critical) discursive psychology (DP). DP is a discourse analysis approach, closely affiliated with conversation analysis. DP considers all phenomena, including the psychological ones, as situated within discursive practices and assigns language-use a constitutive role with regard to such phenomena. DP suggests specific ways for the analysis of discursive practices, like psychotherapeutic training, which allow for an in situ, sequential analysis of naturally occurring dialogues between participants in such dialogues. Critical DP further takes into consideration the contextual, historical and ideological processes constructing phenomena, like wider ideological dilemmas such as the one about knowledge and expertise vs. democratic principles, which inform the institutionally constructed asymmetry between trainers and trainees. In this workshop, I will first introduce participants to the basic premises of discursive psychology and critical discursive psychology as well as to their key steps and tools regarding analysis. I will then invite participants to experiment with analysis of extracts of transcribed, live conversations between trainers and trainees, by drawing from a discursive psychology study focusing on the analysis of the negotiation of authority within systemic psychotherapeutic training. Overall, participants will have the chance both to familiarize themselves with discursive and critical discursive psychology but also with their application to the study of processes, like psychotherapeutic training processes.

WORK_1: Co-produced and participatory visual methods in cultural and global mental health research

Time: Thursday, 31/Aug/2023: 9:00am - 12:00pm · *Location:* ROOM 0.58

Co-produced and participatory visual methods in cultural and global mental health research

Erminia Colucci

Middlesex University, United Kingdom

During this workshop, the facilitator will share learnings from her collaborative co-produced and participatory visual mental health/suicide research projects using a range of techniques with people from migrant and refugee backgrounds and from Low and middle income countries. Participants will then work in small groups to produce a Synopsis for their own co-produced or participatory video.

WORK_3: Teamwork in Qualitative Research: learning from the South Asia Self-harm project (SASHI)

Time: Thursday, 31/Aug/2023: 9:00am - 12:00pm · *Location:* ROOM 0.59

Teamwork in Qualitative Research: learning from the South Asia Self-harm project (SASHI)

Anne Krayer

Bangor University, United Kingdom

Projects with collaborators from different countries are undertaken to address global health problems. The value of qualitative research in this context is slowly recognised, but there are challenges when working across countries, cultures, and spaces. Qualitative research that is culturally sensitive and focuses on the perspectives of people within their local contexts is needed, this includes not only recruitment of participants and data collection, but also mindful data analysis.

The aim of this workshop is to explore issues when conducting qualitative research in low- and middle-income countries on topics that may be taboo or stigmatised, such as self-harm and mental health. As part of the workshop, we will be sharing experiences and learning from our project, the South Asia Self Harm Initiative (SASHI). This will cover a range of issues such as strategies for collaborative research processes (including data collection and analysis) and sharing of knowledge. We will look at practical and methodological challenges. Some of the topics will be explored in more detail through various activities and discussions. Participants' questions and experiences will be important elements feeding into the interactive part of the workshop. We will jointly formulate suggestions for good practice. The workshop will be of relevance not only to people working across countries but also people conducting research across different teams.

Reading

Milford, C., Kriel, Y., Njau, I. et al. (2017) Teamwork in qualitative research: descriptions of a multi-country team approach. *International Journal of Qualitative Methods*, 16(1) <https://doi.org/10.1177/1609406917727189>

Mulvihill, T.M. & Swaminathan, R. (2022) *Collaborative Qualitative Research*. New York: Guilford Press.

WORK_4: Experience mapping in qualitative research: discovering embodied and embedded experiences in the lived space

Time: Thursday, 31/Aug/2023: 9:00am - 12:00pm · *Location:* ROOM 0.60

Experience mapping in qualitative research: discovering embodied and embedded experiences in the lived space

Viola Sallay, Tamás Martos

University of Szeged, Hungary

Lived experiences are deeply rooted in our bodies and the physical spaces that are significant to us: they are embodied within us and embedded in our environment. Every success, crisis, joyful moment, sad moment, and moment of connection or despair leaves an imprint that lasts for a significant amount of time. Embodied and embedded experiences encapsulate the complexity of a person's positive and negative emotions, self-regulation, and relationship processes. Recognizing the importance of understanding these complex experiences, we have developed the Emotional Map of the Home interview procedure, which allows us to delve into the self-regulation processes of family members within their own homes (Sallay et al., 2019). Building upon the foundations of systemic thinking and environmental psychology, we have further advanced the concept of experience mapping.

Our workshop introduces the *experiMAP* procedures, which utilize experience mapping to assess subjective, ecologically embedded experiences. By employing *experiMAP*, we gain insights into individuals' emotions, emotion-laden behaviors, and relational processes within specific places. Whether it be their home, workplace, or other significant life spaces, through an *experiMAP*-based assessment, we can evoke emotionally significant experiences through this assessment. During the workshop, participants will have the opportunity to:

- (1) Acquire knowledge about the scientific background behind the qualitative interview methods based on *experiMAP*.
- (2) Engage in firsthand experience with the *experiMAP*-based interview protocol, as it is employed in qualitative research.
- (3) Explore real-life study examples and gain practical information on applying *experiMAP*-based procedures.
- (4) Develop their research ideas using the *experiMAP* approach.

By the end of the workshop, participants will have a solid understanding of the theoretical underpinnings, practical implementation, and potential research applications of *experiMAP*.

Suggested reading: Sallay, V., Martos, T., Chatfield, S. L., & Dúll, A. (2019). Strategies of Dyadic coping and self-regulation in the family homes of chronically ill persons: a qualitative research study using the emotional map of the home interview method. *Frontiers in Psychology*, 10, 403. <https://doi.org/10.3389/fpsyg.2019.00403>

WORK_2: Conversation analysis in the study of a grieving family and couple therapy

Time: Thursday, 31/Aug/2023: 9:00am - 12:00pm · Location: JEDLIK

Conversation analysis in the study of a grieving family and couple therapy

Bernadetta Janusz, Anssi Peräkylä

Jagiellonian University, Poland

The workshop will introduce the participants to conversation analytical method of analyzing therapeutic interaction, with particular focus on work with grieving families. The workshop starts with a short lecture on conversation analysis (CA) as a method of investigating human interactions in informal and professional settings. In particular, the lecture will focus on conversation analytical research of psychotherapeutic interaction. The lecture will show how sequential relations between utterances enable a process of transformation of experience. The workshop shows how the utterance-by-utterance transformation contributes to process of change in a more macroscopic time, spanning over the continuum of psychotherapeutic sessions.

After the short lecture, the workshop will engage in the analysis of video recorded couple therapy sessions. The therapy processes that we will analyze have to do with complicated grief including ambiguous loss and prolonged grief disorder. Taking up the concepts introduced in the lecture, the joint data analysis focusses on the ways in which the participants' choices of words (pronouns, nouns, or proper names) whereby they refer to the deceased child change over the course of the therapy. Likewise, we will examine how the descriptions of clients' emotional experience as well as ways of allocating responsibility get transformed. We will examine these transformations both in the sequential time (spanning across the adjacent utterances of the spouses and the therapist in single sessions) and in the therapy-processual time (spanning across the therapy sessions).

The workshop is meant for researchers and clinicians interested in grieving processes and/or conversation analytical method. After the workshop, the participants have basic understanding of the focus of data-analysis is CA, and of the methods of grieving therapy.

KEYNOTE_1: Anikó Gregor & Tamás Ullmann

Time: Thursday, 31/Aug/2023: 1:30pm - 2:30pm · Location: CONFERENCE ROOM

Session Chair: Viola Sallay

About the unequal social distribution of uncertainty

Anikó Gregor

ELTE University, Hungary

Politics supporting the economic model relying on the increasing exploitation of the Earth's human and (recently, of space's, too) natural resources became part of the everyday reality of many in the forms of permanent crises tendencies. The negative consequences of such politics have been affecting humans living not just in the so-called Global South, Global East, but more recently, in the Global North. The weight of different social tensions is experienced unequally by the people not just along the east-west or the north-south divisions but in a local intersection of gender, class, and race structures as well. The cycles of permanent and multiple crises (economic, ecological, political, humanitarian, health, etc. crises) constantly reshape the fundamental structures of societies and increase the volume of unequal resource exchange between social groups, and by doing that, deepen the problems of social inequality.

This has a remarkable impact on individuals' mental health and the unequal distribution of mental health risk factors across different social groups. Just as the individual's physical health, the person's mental health depends on the social factors affecting the person's life chances and choices.

Uncertainty and existential thinking

Tamás Ullmann

ELTE University, Hungary

Classical and modern existentialism faced individual situations of uncertainty: anxiety, despair, absurdity, depersonalisation, derealisation, etc. Nevertheless existentialism considered human existential problems as untimely the same: according to Kierkegaard, Heidegger and Sartre we are supposed to experience anxiety in the same way as the ancient Greeks did. I would like to show the illusory character of this presupposition. Human existential problems evolve with historical changes and with social transformations. From the holistic perspective of a bio-psycho-sociological approach I would like to concentrate on the psycho-sociological relations. Not only psychological problems (f. ex. mental illnesses) are inseparable from social background, but existential problems as well. We experience our problems in a different way as our parents and grandparents, because our problems are different. It's obvious that there are apparently eternal human problems (death, love, survival, etc.), but we face death in different social and institutional context, we experience love according to different cultural codes, we struggle for survival in different economical situations. That is the way we can speak about a certain „social unconscious“. The imperatives of the superego and the ideal ego have been changed constantly, and what is more: they have been changing more and more quickly in the last decades. I would like to show that this transformation has a serious impact on our feeling of increasing uncertainty and it influences our concept of authentic life and our concept of happiness.

INV_1: Invited Symposium: Explorations on researcher identity

Time: Thursday, 31/Aug/2023: 2:45pm - 4:15pm · Location: CONFERENCE ROOM

Explorations on researcher identity

Chair(s): **Marta Erdos** (University of Pécs), **Rebeka Javor** (University of Pécs)

Researcher identity is a type of professional identity, a key factor not only in career success, but also a potential source of satisfaction with life for most of us. In this interactive symposium, we invite the participants for joint explorations on the professional identity of a qualitative researcher. In the era of continual transformations in academic life, reflecting on our own identity facilitates coping with challenges, conflicts, and crises in our professional career. In the first session, participants reflect on major contextual factors that determine our identity. During the second session, we focus on the personal domains of lived experiences and the development of competencies. The third session is a presentation on a potential approach and method, Identity Structure Analysis, a mixed methods tool to study a researcher's/lecturer's professional identity. We will demonstrate how the results of our joint qualitative explorations can be built into the instrument for further use.

Presentations of the Symposium

A qualitative researcher's social context. Joint explorations.

Rebeka Javor, Marta Erdos

University of Pécs

Our explorations on the context include shared reflections on the impact of the neoliberal turn within academia – the consequences of globalization, digitization, and increased competition. These challenges are common to most of us. Who are the significant others that determine my career as a researcher? What is the role of gender (e.g., tensions between the academic clock and the biological clock; potential discrimination of LGBTQ+ and female academics)? What is the role of one's nationality in their career? What are our ideas on a functional/dysfunctional organizational background? In this interactive session, participants are encouraged to share their experiences as a focus group.

Using qualitative methods to study the personal aspects of researcher identity

Marta Erdos, Rebeka Javor

University of Pécs

A researcher's identity includes our attitudes, motivations, values, beliefs, and experiences in the context of our profession, as well as our reflections to all these. Some of the identity elements or themes are context-independent, such as motivation, curiosity, creativity, critical-reflective thinking, preference for individual vs. teamwork, and autonomy. Other factors might be more specific, such as the researcher's area of interest, or the approaches they use. The immediate social context is represented by our metaperspectives: How do others see me as a researcher? How do they see my area of interest, my background, my methods etc.?

In this interactive session, we facilitate autoethnographic explorations by integrating the Life Line technique, a method used in narrative approaches with Critical Incident Analysis. Through these methods, we aim to deepen our knowledge on our personally experienced conflicted issues and unique strengths and competencies.

Qualitative steps in designing an ISA/Ipseus instrument

Rebeka Javor, Marta Erdos

University of Pécs

Identity Structure Analysis (ISA) (Weinreich, 2004) integrates classical theories with narrative and discursive approaches. ISA defines identity as the totality of our constructs on our own selves, with a continuity between past and present experiences and future anticipations. ISA's framework software, Ipeus includes a bipolar rating scale and relies on iterative multi-perspective ratings to measure one's identifications, self-states, and conflicted areas. The discourses in the appraisals are shaped according to participants' key domains of social interactions (entities) and to the themes (constructs), emerging in the interactions. Since its inception, ISA has been used to explore cultural and professional identities, as well as identity changes in clinical settings. Though ISA/Ipeus uses quantified identity parameters, it is customized to respondents' discursive traditions. This ethnographic approach with a strong focus on language requires qualitative methods (e.g., observations, interviews, and a Delphi-method to reach expert consensus, etc.) to define the exact contents of the discourses. In this presentation, we focus on the qualitative steps that we used when designing our Lecturer Identity Instrument. These steps comprised discourse analysis on key strategic documents, autoethnography and a Delphi-method involving cross-cultural comparisons.

SYMP_1: Claiming experience? The ethics of critical and psychosocial Research

Time: Thursday, 31/Aug/2023: 2:45pm - 4:15pm · *Location:* ORTVAY

Claiming experience? The ethics of critical and psychosocial Research

Chair(s): **David Wyn Jones** (The Open University)

Discussant(s): **David Wyn Jones** (The Open University)

This symposium features work that takes a critical and psychosocial approach to issues of mental health and some ethical dilemmas that are raised by work that seeks to engage with the 'experience' of mental distress.

We are interested in research that is not only 'critical' and 'psychosocial' but also acknowledges that the experiences of mental distress need to be understood as fundamental to the phenomena of mental 'illness and health'. Each of the papers presented here examines different ways of working that attempt to make claims to comprehending 'experience', but all raise their own ethical and epistemological questions. We will discuss autoethnographic methods that appear to very directly centre lived experience through authorship itself – but is not without its own epistemological questions. We look at the ethical dynamics of using methods that fuse therapeutic approaches within a research paradigm that explores 'extremist states of mind' and the significance of trauma. We explore methods that have attempted to grasp the experience of people who are in secure psychiatric and locked environments where means of expression can be severely limited. We also look at the dilemmas raised through the use of composite vignettes to present the lived experience of research participants.

Presentations of the Symposium

Historiography and the experience of mental health and illness: the case of 'borderline'

David Wyn Jones

The Open University

This paper will argue that historiography can be an essential tool for understanding contemporary experiences of mental health and illness.

This paper will focus on the important categories of 'personality disorder' and in particular the diagnosis of 'borderline'. These categories have now become some of the most frequently used, and yet controversial, diagnoses associated with the mental health system. It can be noted that the diagnosis of borderline was born and established through the middle decades of the 20th century, but became popular only in the latter decades of the same century. It will be argued, with reference to archival material from early UK experiments in community therapy in the pre-second world war period, that the emergence of the diagnosis occurred amidst particular social anxieties (concerning unemployment and post-industrialisation) and webs of thinking that we would now classify as 'transdisciplinary', or psychosocial. Since then, processes of medicalisation have shorn of some of those meanings and assumptions leaving the diagnosis to impact, unhelpfully on our contemporary experience of ourselves. A historical perspective can help us reclaim more helpful understandings of ourselves and our current dilemmas.

Trauma and Extremism: Practical and ethical challenges of integrating psychotherapy with narrative approaches in research into extremism.

Deepti Ramaswamy

Open University, UK

Extremism has become a pressing issue globally, and research into its underlying causes and potential interventions is increasingly important. Qualitative methods, when combined with psychotherapy can support us to understand the interaction between the complex psychological and social factors underlying extremism. This can also help us understand the role of narratives in the development and perpetuation of extremist engagement by allowing individuals to construct, explore and reflect on their own stories.

However, integrating therapy and narratives in research poses several practical and ethical challenges. These include navigating power dynamics between researchers and participants, confidentiality and anonymity of participants, managing ongoing informed consent and acknowledging the potential for harm given the differences between the research and therapeutic roles and relationship and their corresponding obligations and limitations.

This presentation highlights some of these challenges as encountered within my ongoing research that integrates psychotherapy and a narrative approach to explore the role of trauma in extremist engagement. This can support researchers working with or considering working with similar methodologies or populations with ethical and practical challenges to consider when designing and implementing their research projects.

Graffiti and Wellbeing Project: Liminality, art and emotional expression in a secure mental health institution.

Laura McGrath

Open University

Researchers adopting qualitative methodologies – which centre participation and are concerned with equalising power dynamics - face particular challenges conducting research within secure environments characterised by strict hierarchies and a strict staff/patient binary. Secure mental health settings are tasked with both containment and transformation, with securely policing the border between institution and society and readying patients for return to the community. Such institutions can thus be theorised as a form of 'rite of passage', engaged in a process of transformation which both navigates and demarcates social limits. This paper draws on a case study of the 'Graffiti and Wellbeing Project' (GWP), an arts project in a UK secure mental health service, to explore how secure institutions manage the difficult emotions and histories of their patients. It is argued that forensic institutions largely attempt to manage their own transgressive, marginal status, and the abject experiences of patients, through a recourse to order, suppression and sublimation. The GWP, by contrast, succeeded to some extent in creating a liminal space

for the expression and transformation of these same experiences. Complications of using qualitative methodologies within these institutions are also discussed.

ORAL SESSION 1

Time: Thursday, 31/Aug/2023: 2:45pm - 4:15pm · Location: GROH
Session Chair: Veronika Ferencz

“It’s important to manage our stress”: mental health advice in the Australian news media during the COVID-19 pandemic

Grace Rebecca Horwood, Martha Augoustinos, Clemence Due

University of Adelaide, Australia

The COVID-19 pandemic has heightened existing concerns about mental health and illness. The news media is an important source of health information, but there has been little research into how advice about mental health is communicated to the public via the news media. In this study, we examined how advice about building and maintaining mental health was discursively constructed in the news media in Australia during the COVID-19 pandemic. A discourse analytic approach informed by Critical Discursive Psychology was employed to analyse 436 articles published in daily newspapers in Australia between 1 January and 31 December 2020, which contained references to mental health and the pandemic. Three main interpretative repertoires were identified – negative emotions are a risk to mental health and must be managed; risky emotions should be managed by being controlled (based around a ‘border control’ metaphor); and risky emotions should be managed by being released (based around a ‘pressure cooker’ metaphor). This study demonstrates that, amid the COVID-19 pandemic, advice constructed negative emotions as problematic; and positioned individuals as responsible for the habitual management of negative emotions. The potential implications, productive and unproductive, of such discourses for goals of improving population mental health are discussed.

“Hits harder than a heartbreak”: A qualitative study on the well-being of student-athletes during the global health crisis

Maria Luisa Marcaida Guinto

University of the Philippines Diliman, Philippines

The abrupt and indefinite suspension of sports events resulting from the outbreak of COVID-19 took a heavy toll on collegiate sports, particularly in the Philippines, which had the most prolonged and strictest lockdowns in the world. This phenomenological study examined the subjective well-being of 20 Filipino collegiate athletes who participated in semi-structured online interviews. Focusing on the participants’ lived experiences and sense-making during the global pandemic, a thematic analysis of the verbatim transcriptions generated four themes: *ambivalence with the lockdown*, *struggling with home-based training and studying*, *redefining relationships*, and *pursuing personal growth*. Results revealed mixed emotions of uncertainty, anxiety, and boredom while appreciating the respite from rigorous training and time for healing injuries. The convenience of training and studying at home soon became frustrating with limited training supervision and equipment, lack of stable internet, and loss of face-to-face interactions. However, renewed connections with family and friends and improved communications with coaches and teammates provided much-needed social support. Engagement in other forms of leisure, learning new hobbies, and acquiring other skills promoted personal development. Recommendations from the study were presented to the varsity directors of universities, informing policies and programs to address student-athletes well-being during the pandemic.

Patient experiences from within the Hungarian healthcare system during the COVID-19 pandemic – the controversial nature of self-care and resilience

Veronika Ferencz^{1,2}, Borbála Gabriella Koltai^{4,5}, Fanni Krisztina Berta², Ágota Cseh², Jozefa Gabriella Kerekes⁶, József Rácz^{2,3}

¹Doctoral School of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary; ²Institute of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary; ³Semmelweis University, Faculty of Health Sciences, Department of Addictology, Budapest, Hungary; ⁴Doctoral School of Education, ELTE Eötvös Loránd University, Budapest, Hungary; ⁵Institute of Education, ELTE Eötvös Loránd University, Budapest, Hungary;

⁶Pázmány Péter Catholic University, Department of Social and Behavioral Psychology, Budapest, Hungary

Hungary was hit hard by the pandemic, recording over 3000 deaths per million people, the highest figure of any EU country. Possible reasons can be found in the ongoing problems with the quality and efficiency of health services exacerbated by the emergency.

The experiences of 31 patients (adults diagnosed with COVID-19 and treated in a hospital) were collected with semi-structured interviews and focus groups. The transcripts formed the text base on which our research group performed reflexive thematic analysis.

During the process, we discovered a recurrent phenomenon: patients taking a – sometimes oddly – active, caring role in their hospital recovery. Therefore, we narrowed the focus on the experience of self-caring and resilient behaviour as an answer to the healthcare system’s underlying problems.

Our final thematic map compounds five overarching themes from which we present the following ones: (1) Patient (self)care: a functional element of the hospital system in COVID-19, and (2) Ingenuity and resilience: solutions of the individual in the healthcare system.

The particularity of our results lies in the context: on a personal level, being the patient and becoming the helper simultaneously, and on a societal level, the failure of the much-needed support in the pandemic situation.

Interrupted lives: Well-being from the voice of elite athletes during the global pandemic

Maria Luisa Marcaida Guinto

University of the Philippines Diliman, Philippines

The COVID-19 pandemic ushered in a global health crisis that severely disrupted the lives of elite athletes. Like the rest of humanity, athletes felt the direct psychological consequences of the pandemic with the mandatory suspension of sporting events, loss of income, limited access to adequate training facilities, and constrained interactions with coaches and teammates. In this phenomenological study, twenty Filipino national athletes (F = 10, M = 10) participated in semi-structured online interviews to provide accounts of their lived experiences and well-being during the government-imposed extended community quarantine. Attending to participants' subjectivity and sense-making, a thematic analysis of the verbatim transcriptions yielded four themes: *adapting to uncertainty*, *recalibrating life goals*, *reviving connections*, and *pursuing personal growth*. Findings from the study informed the design of sport psychology interventions and mobilization of resources to address the mental health needs of national athletes during the pandemic. These included the provision of webinars to promote mental health literacy among coaches and athletes, sessions offering safe spaces for discussing mental health concerns, and individual and team consultations for resetting goals and redefining athletic identity. Moreover, collaboration with other service units for effective training and conditioning, proper nutrition, and injury prevention was facilitated.

ORAL SESSION 2

Time: Thursday, 31/Aug/2023: 2:45pm - 4:15pm · Location: BRUCKNER
Session Chair: Anette Juel Kynde

Child welfare system inflicted trauma and parental decision-making

Darcey H. Merritt¹, Rachel Ludeke², Julie Halverson³

¹University of Chicago, United States of America; ²Thomas Jefferson University, Sidney Kimmel Medical College; ³Artemis Research and Consulting, LLC

Child welfare system exposure to parents and children is traumatic on multiple levels. Racialized poverty is also traumatic and compounded by CPS supervision. We document the ways in which system inflicted traumatic experiences of 87 Black moms manifests in their daily lives and interactions with others. Participants completed a qualitative, voice recorded, electronic survey to capture the impact of surveillance related to child neglect. Trauma is inflicted by punitive systems oversight and sadly manifests across generations. These ongoing harms result in an unavoidable recall of working memory related to CPS surveillance and thusly, related to parenting choices, behaviors, and expectations of approval or disapproval. The presence of authorities with the power to disrupt one's family is a pervasive and enduring trauma. Moms report that they and their children are overall traumatized by CPS-exposure, domestic violence abusers are weaponized against them, and also community-level trauma from surveillance in general (e.g., police, schools, medical settings). Further, themes identified as trauma are living in poverty, persistent fear of family disruption, and ongoing anxiety during interactions with authorities. Parental decision-making is negatively impacted by these pervasive traumatic experiences.

Systemic control and mental health: how Black CPS-impacted mothers show up in the world

Darcey H. Merritt¹, Rachel Ludeke², Julie Halverson³

¹University of Chicago, United States of America; ²Thomas Jefferson University, Sidney Kimmel Medical College; ³Artemis Research and Consulting, LLC

Black mothers in poverty and surveilled by the child welfare system face systemic control that impacts their parental behavior in disturbing ways. Mothers are held accountable for structural harms and parenting challenges, and ultimately punished for situations outside of their control. Given their exposure to and oversight by CPS authorities, they are compelled to navigate society in ways we often don't consider. We present a phenomenological account of the lived experiences of 87 Black CPS-impacted moms related to their mental well being whilst enduring systemic control of the child welfare system in the U.S. Participants completed a qualitative, voice recorded, electronic survey to capture the impact of surveillance related to child neglect. A theme emerged concerning how persistent oversight compels mothers to interact with the world from a place of fear and a need to be hyper-vigilant in documenting acceptable parenting behaviors. They feel punished for having/needng jobs, financial challenges, and blamed for deleterious family functioning related to domestic violence - scapegoated for poor parenting. Moms articulate being fearful of opening up to others, unexpected knocks on the door, and they know the importance of documenting compliance of mandated activities to avoid the removal of their children from their homes.

Re-constructing parental identity after parents face their offspring's suicidal behaviour: an interview study

Anette Juel Kynde^{1,2}, Anette Erlangsen², Lene Lauge Berring¹, Erik Roj Larsen³, Niels Buus⁴

¹Psychiatric Research Unit, Psychiatry Region Zealand, Denmark; ²Danish Research Institute for Suicide Prevention, Mental Health Centre Copenhagen, Denmark; ³Translational Neuropsychiatry Unit, Department of Clinical Medicine, Aarhus University, Denmark; ⁴School of Nursing and Midwifery, Faculty of Medicine, Nursing and Health, Monash University, Clayton, Victoria, Australia

Introduction: Parents are affected when their offspring engages in non-fatal suicidal behaviour. Although research exists on parents' mental and emotional state when they realise this behaviour, little attention has been devoted to exploring how their parental identity is affected.

Purpose: To explore how parents re-constructed and negotiated their parental identity after realising that their offspring was suicidal.

Method: Semi-structured interviews with 21 Danish parents were conducted. Interviews were transcribed, analysed thematically and interpreted by drawing on the interactionist concepts of negotiated identity and moral career.

Findings: Parents' perspectives on their parental identity were conceptualised as a moral career encompassing three stages. Entry into the first stage, *disrupted parental identity*, occurred when parents realised that they could lose their offspring to suicide. At this stage, parents trusted their own abilities to help their offspring. This trust was gradually undermined by social encounters, which caused career movement. In the second stage, *impasse*, parents lost faith in their ability to help their offspring. Whereas some parents gradually resigned entirely to *impasse*, others regained their trust in their own abilities through social interaction in the third stage, *restored parental agency*.

Conclusion: Social interaction was fundamental if parents were to re-construct their disrupted parental identity.

Is good parenting mean good exit strategies from the state funded educational and child welfare system?

Dorottya Sik, Andrea Rácz, Zsófia Tanító

ELTE TáTK, Hungary

The child welfare and protection system are facing with severe difficulties, lack of services and professionals (Racz at al 2019, Racz-Sik 2020). In Hungary raising school-age children and facing different learning and behavioural backgrounds, psychiatric problems or children affected by peer abuse parents have different strategies in order to avoid the state care system. The outcome of this research shows the possibilities, leeway for manoeuvre the parents have to avoid the state care system, or to find access to good quality private services. In this qualitative research 22 interview were conducted with family members and 21 with professionals. To get effective help for their children, parents often have to buy special services in the private field since the state funded services are fully booked for month, or out of services because of the lack of proper professionals. The strategies in the narratives are often based on an understanding of good parenting.

ORAL SESSION 3

Time: Thursday, 31/Aug/2023: 2:45pm - 4:15pm · Location: JANOSSY
Session Chair: Sione Vaka

Therapists of Colour's experience of perfectionism in personal therapy

Brittney Pilar Hamilton

The University of Manchester, United Kingdom

Background: The experience of perfectionism involves the setting of excessively high standards for oneself or others and is associated with both positive and negative effects on mental health. Perfectionism is often impacted by intersectional factors of race, culture, and power, which disproportionately affect People of Colour (PoC). This study explores Therapists of Colour's experience of perfectionism within their own personal therapy. By extension, this research also investigates the impact of personal therapy and perfectionism on therapeutic practice. Overall, this study aims to contribute to the research base surrounding perfectionism and inform culturally-aware psychotherapeutic practice.

Methodology: Interpretative phenomenological analysis was utilised to explore the experience of perfectionism within personal therapy among Therapists of Colour. Five semi-structured interviews were conducted with PoC therapists from across the UK.

Findings: Formative findings highlight the impact of high standards on therapeutic relationships and the therapeutic process. Findings also examine the impact of race, power and social stigma on the lived experience of perfectionism within therapeutic process. Additional findings also point to the significance of personal therapy in understanding perfectionism and the importance of adopting a culturally-aware perspective when working with PoC clientele.

Researching mental health in the Pacific needs Pacific methodologies and models like talanoa and ūloa

Sione Vaka

University of Waikato, New Zealand

In Aotearoa New Zealand, there are currently high numbers of Pacific people experiencing mental distress, with very low rates currently able to access mental health services. Research to date that focuses on Pacific Island peoples, report that the current mental health services are not addressing specific cultural needs effectively and are seen to be coercive, by operating within a dominant western biomedical worldview and interpretation of health. A culturally entrenched communal way of fishing, *ūloa*, was used to model a unique approach for mental health care service providers to engage Pacific people in their mental health journeys. *Talanoa* is a Pacific methodology that captures Pacific worldviews in terms of how they engage, interact, relate to one another, and so forth. This presentation will highlight the need to use Pacific research methodology, *talanoa*, when researching Pacific health issues. It will also address how a Pacific model of care, *ūloa* model, is more effective when dealing with Pacific people experiencing mental health issues. Three research projects used *talanoa* and *ūloa* and all findings demonstrate the critical importance of drawing on cultural capital and resources like *talanoa* and *ūloa* (fishing), to support culturally appropriate improvements in mental health outcomes.

Ūloa, a model of care supporting people experiencing mental distress

Sione Vaka

University of Waikato, New Zealand

This presentation is based on a larger research project, which investigates the effectiveness of a culturally appropriate model, namely *ūloa*, when working with Pacific people experiencing mental distress. *Ūloa* is a communal method of fishing in Tonga, which includes all members of the community. This type of fishing is practiced throughout the Pacific and it is called *yavirau* in Fiji, *lau'oa* in Samoa and *hukilau* in Hawaii. This paper reports on findings related to the increased awareness of *ūloa* model within the mental health services and to raise awareness of how to work with Pacific people and adjust the health service to suit the needs of this population to test its effectiveness. The research project used the Pacific research methodology of *talanoa* and the study population is the Pacific population in Aotearoa New Zealand and also from the Pacific region including Tonga, Niue and Fiji. These preliminary findings continue to support that the conventional biomedical approach employed in the mental health services overlooks elements of Pacific constructions of mental distress.

SYMP_2: Informal coercion and psychological pressure in mental healthcare –how can qualitative research contribute to a better understanding of the phenomenon?

Time: Thursday, 31/Aug/2023: 4:45pm - 6:15pm · *Location:* CONFERENCE ROOM

Informal coercion and psychological pressure in mental healthcare –how can qualitative research contribute to a better understanding of the phenomenon?

Chair(s): **Christin Hempeler** (Ruhr-University Bochum, Germany), **Matthé Scholten** (Ruhr-University Bochum)

Many service users experience coercion over the course of their involvement with mental healthcare services. This encompasses both formal coercion, e.g. in form of involuntary commitment, seclusion, restraint, or involuntary treatment, as well as informal coercion. The latter phenomenon is also discussed as psychological pressure and describes the use of various communicative strategies to direct service users' decision-making regarding recommended treatment. Despite its practical relevance, research on psychological pressure is still scarce.

This symposium aims to show how qualitative research can contribute to a better understanding of psychological pressure within mental healthcare. It underlines the ways in which qualitative research can provide insights that quantitative research cannot supply and shows their importance for both conceptual analysis and clinical practice. Yet, qualitative research is also accompanied by unique methodological and ethical challenges. The symposium will, therefore, also elaborate on how these challenges may be carefully navigated to ensure good scientific practice.

Presentations of the Symposium

“Voluntary in quotation marks”: a conceptual model of psychological pressure in mental healthcare based on a grounded theory analysis of interviews with service user

Sarah Potthoff, Christin Hempeler, Jakov Gather, Astrid Gieselmann, Matthé Scholten
Ruhr-University Bochum, Germany

Psychological pressure refers to communicative strategies used by professionals and informal caregivers to influence the decision-making of service users and improve their adherence to recommended treatment or social rules. Although psychological pressure is commonly used in mental healthcare services, there is a lack of conceptual understanding of the phenomenon. A first, mainly theoretical, conceptual analysis distinguishes between persuasion, interpersonal leverage, inducements and threats. Aiming to develop a conceptual model of psychological pressure based on the perspectives of service users, 14 semi-structured interviews with mental healthcare service users were conducted and analyzed using grounded theory methodology.

The analysis indicates that psychological pressure is exerted not only by mental health professionals but also by relatives and friends; and that the extent to which service users perceive communication as involving psychological pressure depends strongly on contextual factors. Relevant contextual factors were the way of communicating, the quality of the personal relationship, the institutional setting, the material surroundings and the level of convergence between the parties' understanding of mental disorder. The results of the study highlight the importance of staff communication training and organizational changes for reducing the use of psychological pressure in mental healthcare services.

Psychological pressure in the clinical and private context – perspectives of relatives of mental healthcare service users

Christin Hempeler, Matthe Scholten, Jakov Gather, Georg Juckel, Sarah Potthoff
Ruhr-University Bochum, Germany

It has been shown that psychological pressure on/to people with mental illness is not only exerted by mental healthcare professionals but also by relatives and friends. Relatives of people with mental illness provide a substantial amount of informal care for their relatives with mental illness. Yet, their perspective is rarely included in research and little is known about how they exert psychological pressure and how it occurs. To fill this gap, we conducted semi-structured interviews with 11 relatives of mental healthcare service users which we analyzed according to grounded theory methodology.

Our findings show that psychological pressure is commonly used by relatives. Moreover, our analysis underlines that relatives' use of psychological pressure must be seen in a broader context, a context in which relatives are subjected to many pressures themselves. These include, for example, their own consternation, feeling responsible for their relative with mental illness, and being dependent on professional help. Relatives describe having to navigate between service users and the mental healthcare system and to bring the two together. One way of doing so is by exerting psychological pressure which is oftentimes experienced as morally distressing and frustrating.

Research ethics in practice: A reflection on ethical issues encountered in a qualitative health research study with mental health service users and relatives

Sarah Potthoff, Christin Hempeler, Jakov Gather, Astrid Gieselmann, Jochen Vollmann, Matthé Scholten
Ruhr-University Bochum, Germany

The process of obtaining ethical approval for a study by a research ethics committee before the start of the study has been described as “procedural ethics” and the identification and handling of ethically sensitive moments by researchers during the research process as “ethics in practice.” While some authors dispute and other authors defend the use of ethics review of qualitative health research, there is general agreement that ethics in practice is of particular importance. This presentation aims to show how procedural ethics and ethics in practice can fruitfully complement each other. It illustrates research ethics in practice by reflecting on how we identified and addressed ethical and methodological issues that arose while designing and conducting an interview study with mental health service users and relatives. We describe the challenges we faced and the solutions we found in relation to the potential vulnerability of research participants, the voluntariness of consent, the protection of privacy and internal confidentiality, and the choice of the interview setting.

SYMP_3: "Glimpses into the process": Qualitative research methods in the study of individual, group and couple therapy.

Time: Thursday, 31/Aug/2023: 4:45pm - 6:15pm · *Location:* ORTVAY

"Glimpses into the process": Qualitative research methods in the study of individual, group and couple therapy.

Chair(s): **Athena Androutsopoulou** ('Logo Psychis'- Training and Research Institute for Systemic Psychotherapy, Greece), **Tsabika Bafiti** ('Logo Psychis'- Training and Research Institute for Systemic Psychotherapy)

Discussant(s): **Eugenie Georgaca** (Aristoteleio University of Thessaloniki)

This symposium presents four research case studies into the process of individual, group and couple therapy of an enriched systemic therapy model. Several qualitative methods are adopted and/or adjusted to collect data (e.g. interpersonal process recall, transcript analysis) and to analyze data (e.g. narrative microanalysis and thematic analysis). The studies' results emphasize the importance of therapy research as co-construction, with emphasis given to the voice of the clients as equal partners in the research endeavor and to the active contribution of therapists in the therapy conversation. Notions of reflexivity and self-compassion stand out as important markers in client progress, whereas theme co-construction and defining the dialogical space stand out as essential therapy processes..

Presentations of the Symposium

"This is what touched me". Reflexivity regarding important therapeutic factors in a group therapy session

Tsabika Bafiti, Eleni Kyriazopoulou, Sofia Papageorgiou, Peggy Poimenidou

'Logo Psychis'- Training and Research Institute for Systemic Psychotherapy

In group therapy, reflexivity concerning the process and self-progress, may be generated by listening to experiences and stories of group members leading to change. In the present study, 8 group members in long-term enriched systemic therapy and their therapist viewed previous week video-recorded session and were then interviewed individually. The method borrowed procedures from Interpersonal Process Recall (Larsen et al., 2008; Rennie & Toukmanian, 1992). Interviewees were allowed to think back and comment on the session at the end of video viewing rather than at various points during the viewing. The aspects of reflexivity were explored by thematic analysis. Themes that emerged: a) valuing the therapeutic relationship, b) attunement to the therapist, c) co-construction of a main theme, d) growing compassion and acceptance, e) capacity to include conflicting emotions. The results are discussed in connection to previous findings using different methodology. Limitations and clinical implications are discussed.

'My early days in therapy': Individual clients reflect on their initial sessions in long-term therapy

Tsabika Bafiti, Eleni Kyriazopoulou, Sofia Papageorgiou, Peggy Poimenidou

'Logo Psychis'- Training and Research Institute for Systemic Psychotherapy

The majority of studies using the Interpersonal Process Recall Method (IPA (Rennie and Toukmanian, 1992) ask clients to comment on the video session immediately after the end of it. In the present study we asked clients in long term therapy (enriched systemic model) to comment on the video of their early sessions. The findings we present here focus on comments regarding the self rather than other therapeutic factors (e.g. therapeutic relationship). The purpose was to give voice to clients rather than create or test theory. A thematic analysis indicated the following categories, all of which point to progression: ongoing motivation, self-growth, self-mastery, self-compassion, self-reflexivity. A case study example is used to illustrate findings. We discuss the parameter of self-compassion as an interesting finding, which also reflects a growing understanding of its impact. We also notice the links clients make between growing self-compassion and parenting their inner child as a traumatized inner part.

'Toward the bright side of life': Processes of theme co-construction and revision in systemic group-therapy

Pigi Poimenidou, Despoina Biniori, Maria Christodoulaki, Katerina Zerma, Athena Androutsopoulou

'Logo Psychis'- Training and Research Institute for Systemic Psychotherapy

This qualitative study investigates the processes of theme co-construction and revision of restricting themes in a single enriched systemic group therapy session. Ideas were drawn from studies on the constructive nature of conversation in individual therapy (De Jong, Bavelas and Korman, 2013). In a first round of research, narrative analysis identified one restricting theme running through group dialogues. Following this, four therapist skills, formulations, lexical choice, questions, and grounding were marked as important in the process of co-constructing and revising a theme within a group. One fifth skill, exercised by clients, emerged, self-disclosure as feedback to other members. In a second round of research, the origins of the theme were traced to the previous session. Therapists are invited to recognize their own part in co-constructing and revising themes in group sessions, through introducing but also picking up useful utterances that develop into more liberating themes.

"What are the limits of the said?" Therapist and couple negotiate dialogical space.

Athena Androutsopoulou, Venetia-Anna Lampropoulou, Chrysoula Bourtzinakou, Ourania Avrana, Ioanna Soulioti

'Logo Psychis'- Training and Research Institute for Systemic Psychotherapy

In this single case study of a couple therapy session, we looked into ways in which the therapist and the couple negotiated and eventually defined the limits of what is said and what is not said. In existing studies, the therapist's conversational input in this negotiation has not been emphasized. This session was transcribed and analyzed, using a micro-analytic method for monitoring the development of dialogical space (Rober, 2016). The couple's willingness to engage in specific topics ranged from being eager to discuss certain matters, to being completely unwilling to touch upon

specific issues, even though the therapist made several efforts to introduce them. This unwillingness was evident in the couple's use of several linguistic strategies. The therapist's active role and conversation position were eventually restricted by the limits set by the couple. Even though the therapist opened alternative paths, the couple decided the pace and direction of the therapeutic dialogue. We suggest that the issues placed by couples outside the limits of the said should be considered extremely sensitive and should be kept in the mind of the therapist for future conversations.

ORAL SESSION 4

Time: Thursday, 31/Aug/2023: 4:45pm - 6:15pm · Location: GROH
Session Chair: Rene Diane Drumm

“I don’t believe that I was prepared to pastor”: Clergy experiences in leaving pastoral ministry

Tara Hargrove¹, Linda Crumley², Rene Diane Drumm³

¹Pacific Union College; ²Walla Walla University; ³Andrews University, United States of America

Abstract

Research notes that 43% of Protestant pastors in the US considered leaving full-time ministry in the year prior to the 2022 study (Barna, 2022). The Seventh-day Adventist Church administrators noted this trend and commissioned a study of SDA clergy who left full-time pastoral ministry. This presentation focuses on the research question: When pastors withdraw from full-time ministry, what do these former pastors recall as conditions that led to that outcome?

Methodology

Researchers interviewed 14 participants in person, via Zoom, or phone conference, using an interview guide to direct the conversations. The interviews lasted from 40 minutes to 2 ½ hours. The interviews were audio recorded and transcribed verbatim for analysis. The analysis followed the conventions of qualitative coding using thematic analysis and the constant comparative method.

Findings

Study participants shared a number of factors that influenced their decisions to leave pastoral ministry. The themes that emerged included: (1) having ongoing challenges with church members, (2) encountering difficulties with Conference leadership or organizational structure, (3) feeling constrained by traditional approaches to ministry, (4) sensing a lack of caring from administration and church members, (5) having spiritual doubts and doctrinal differences, and (6) lacking the training needed to do their jobs well.

References: <https://www.barna.com/research/pastors-quitting-ministry/>

Agroecological farmers’ experiences of land work: reciprocal healing and connection

Isabella Virginia Mighetto

Regent's University London, United Kingdom

Intensive industrial agriculture has been shown to contribute significantly to climate change. Agriculture is also one of the most vulnerable sectors when it comes to the consequences of climate change. Existing research shows poor mental health outcomes amongst industrial farmers, highlighting the burdens of isolation, adverse weather conditions, work stress, and economic insecurity. Outside the industrial agricultural paradigm are growing attempts from agroecological farmers to build healing relationships with the environment and farm sustainably. To date, there has been limited qualitative research into agroecological farmers’ experiences. This study explores what it is like to farm agroecologically. The methodology is Interpretative Phenomenological Analysis. Analysis of five participants’ semi-structured interviews suggests the following experiential themes: 1) Land work as the right thing to do; 2) The psychological impact of land work; 3) An emotional relationship with the land; 4) The land as a site of connection. The study highlights the emotional intensity of farming agroecologically, in a close and caring relationship with the land. It seeks to inform clinical practice with farmers, highlighting the challenges, as well as therapeutic benefits of land work. It offers implications beyond clinical practice, expanding individualist notions of mental health, towards more ecological and collectivist conceptualisations.

Nature experience, mental well-being and the compassionate society – messages from collaborative research with blind and partially sighted participants

Barbara Mihók¹, Anna Mária Ballai², Bálint Balázs¹

¹ESSRG Nonprofit Kft, Hungary; ²Blind and Partially Sighted Association in Csongrád-Csanád County (VAGYCSOME), Hungary

The experience of nature supports mental well-being, however, access to nature is not equal for everyone. Blind and partially sighted (BPS) people are seriously hindered from visiting greenspaces. Since BPS people are more prone to stress, access to nature might be a critical factor in improving their mental well-being—the question is: how and to what extent? In collaboration with the Blind and Partially Sighted Association in Csongrád-Csanád County, we launched "InVisible Green," a co-creative participatory research project to explore: 1) how BPS people experience nature, 2) how nature contributes to their subjective well-being, and 3) what can be done to improve access to nature for them? In the 1.5-year-long process, we conducted 17 semi-structured interviews with BPS people on their experiences in or with nature and organized focus groups on experiencing nature and its benefits for mental well-being. Also, we participated in different outdoor activities as participant observers. Analysis of the interviews, focus groups, field notes, and research diaries reveals nature’s essential role in providing a judgement-free, accepting context in a harsh social matrix. The restorative effect of nature experiences is profound, but it is also highly dependent on the quality of the social interactions that accompany such experiences.

ORAL SESSION 5

Time: Thursday, 31/Aug/2023: 4:45pm - 6:15pm · Location: BRUCKNER
Session Chair: Charmaine Cordelia Williams

Combined diabetes and mental healthcare- an ethnographic study

Vicki Zabell¹, Sidse Arnfred¹, Sabrina Trappaud Rønne¹, Birgitte Lerbæk², Lene Lauge Berring¹, Rikke Jørgensen²

¹Region Zealand, Denmark; ²Unit for Psychiatric Research, Aalborg University Hospital

The life expectancy of people living with a severe mental illness is approximately 10-15 year shorter compared to the general population. This is partly caused by increased rates of physical health complications related to illnesses such as diabetes. Research has highlighted combined diabetes and mental healthcare as a solution to optimize care for people living with both illnesses. The Fusion Clinic is the first Danish outpatient clinic that offers integrated diabetes and mental healthcare.

This ethnographic research study aimed to explore and describe how users were involved and received combined care in The Fusion Clinic. The data consisted of 32 informal conversations with healthcare providers, users, relatives and peer support workers, field notes from 96 hours of observations and 12 semi-structured interviews. The study findings indicated that combined care was challenged by old work practices of diabetes and mental health services. Optimal combined care requires insight into diabetes and mental illness, but also into the interlink between these illnesses. Learning from colleagues was a way to support healthcare professionals in delivering optimal care for people living with coexisting diabetes and severe mental illness.

Diabetes care in kindergartens and schools from the perspectives of teachers

Maria Dora Horvath^{1,2}, Orsolya Papp-Zipernovszky³, Zsanett Tesch¹, Norbert Buzas¹

¹Albert Szent-Györgyi Medical School, Department of Health Economics, University of Szeged, Szeged, Hungary; ²Institute of Psychology, Department of Personality, Clinical and Health Psychology, University of Szeged, Szeged, 6720, Hungary; ³Institute of Psychology, Department of Personality and Health Psychology, Eötvös Loránd University, Faculty of Education and Psychology, Budapest, 1064, Hungary

Providing care for children with type 1 diabetes requires constant attention. Teachers play a crucial role in the institutional socialization of children living with diabetes. Deficient diabetes management in schools may cause several troublesome consequences, such as absenteeism, stress or depression, poor performance and low quality of life. Therefore, understanding teachers' attitudes towards diabetes care may be essential for proper diabetes management. In this study, we explored the attitudes of teachers towards diabetes care by conducting semi-structured interviews (3 focus groups and 20 individual interviews) with 30 teachers working in kindergartens and schools. We performed qualitative content analysis based on the theory of the three components of attitude - knowledge, emotions, and behavior. The knowledge component included general knowledge about diabetes and its care, and the affective component revealed empathy and both integrating and segregating approaches towards children with diabetes. The behavior component revealed how teachers contribute to the care and integration of children with diabetes in schools, such as supporting them through health awareness education and peer sensitization. Our findings suggest that, in addition to diabetes management tasks, teachers can help children with type 1 diabetes by educating them and their peers about healthy living and acceptance.

Using case study research to build the evidence for more responsive supports to racial, gender and sexual minority clients living with depression

Charmaine Cordelia Williams

University of Toronto, Canada

Descriptive case studies were instrumental to establishing the origins of mental health treatment, but their visibility has declined with the ascendancy of evidence-based practices based on large sample, experiment-based research. The failure of such research to account for mental illness experiences of those affected by racism, cisgenderosexism, homophobia and transphobia suggests different methodologies and evidence are needed to better understand illness as experienced by racial, sexual, and gender minority people. This paper presents examples drawn from case study analysis in a project exploring access to mental health care for lesbian, bisexual, and trans people in Ontario Canada. The case study method shaped focused, purposeful engagement with experiences of racial minority LGBT people and their stories of mental illness. The within and across-case analyses transformed reports of depression into contextualized narratives of suffering in environments that allow gender-based violence, hopelessness, and long-term despair. The evidence of this research points to avenues of inquiry and intervention with racial, sexual and gender minority clients that could promote mental health and well-

Living with and Living by Tattoos – Discursive Analysis of a Bodily Practice

Csilla Csekő¹, Péter Bodor²

¹University of Pécs, Faculty of Arts, Hungary; ²ELTE Faculty of Social Sciences, Institute of Sociology, Hungary

We will present a discursive analysis of tattoos related to crisis situations and the respective interpretations by their wearers. Our investigations focus on the semiotic aspects of discursive corporeality and iconicity of tattoos and the positioning process as it is enfolding through interacting with their owners. Tattoos are pictorial motifs of a culturally defined semiotic system, but at the same time, tattooed persons as active agents create personal meanings. This meaning making procedure is semiotic, narrative and discursive at the same time, but it is also a bodily process

through the making of the tattoo, wearing it on the body, and the discursive acts of talking about and with the body. We will document that in the process of meaning making, not only new or reinterpreted meanings are created, but persons also create their own positions, their own situated identity. These positions determine the discursive position of the persons, of the embodied speakers both in everyday speech situations and in the social discourse in a broader sense. At the same time, they also become the kind of identity positions which support of a more positive Self-image and provide a device for coping with the crisis situations.

ORAL SESSION 6

*Time: Thursday, 31/Aug/2023: 4:45pm - 6:15pm · Location: JANOSSY
Session Chair: Annie Gowing*

School connectedness: A mental health resource for young people

Annie Gowing

The University of Melbourne, Australia

School Connectedness (SC) is regarded within both education and health research and policy as a factor through which health and learning outcomes can be influenced. The objective of the current study was to explore student understandings of connectedness to school.

This research was conducted in a secondary school in outer-metropolitan Melbourne, Australia. Data collection involved a 109-item questionnaire administered to a sample of 206 students, 12 focus groups with 118 students, 10 focus groups with 71 staff, and 12 student journals.

Findings indicated that students understood their connectedness to school through the experiences of a dynamic and complex crosshatching of opportunities within the relational, learning and extracurricular spheres of school life.

In the wake of the disconnection that the pandemic generated, connecting and holding young people in a relational bond with their school has become both more urgent and more challenging. SC offers a mental health resource and a form of wellbeing capital in a site which most young people attend. It is hoped that the findings from this study can be used to frame effective risk reduction or protection enhancing interventions and energize and guide schools in addressing this key protective factor as a priority within their school improvement agendas.

The Family- School Connection: What are the children and their parents asking for?

Kylie Poppe, Angela Abela

University of Malta, Malta

This research study aimed to explore the relationship between family and school for a number of families whose young children were excluded from mainstream school due to social, emotional, and mental health difficulties and sent to an alternative provision. The mosaic approach, in-depth interviews, and multi-family therapy format sessions formed part of the creative methodology. Narrative inquiry was used to construct the narratives of the children and their families. The findings suggest that mainstream schools are ill-equipped to face the challenging task of working with children and families with complex needs and that the fragmentation of the system adds to the families' struggles. Both the children and the parents felt disrespected and rejected by the school. All the children and their families longed for a different approach to education where compassion, kindness, and safety are embedded in its ethos. Additionally, the need for schools to adopt a trauma-informed therapeutic stance when working with families with complex needs was highlighted. Proposals for policy and practice included prioritisation of staff wellbeing, support, and training, the introduction of trauma-informed educational practice, and multi-family therapy for families with complex needs in all mainstream schools.

Exploring the Concept of Teacher Wellbeing: A Qualitative Investigation with Primary School Teachers in the UK

Mumine Ozturk

University of Manchester, United Kingdom

While research on mental health and wellbeing in education has increased globally, most of the attention has been focused on students, leaving teacher wellbeing comparatively understudied. This presentation will present the key findings of the qualitative interview study held with teachers. This research aimed to explore how primary school teachers define teacher wellbeing within the UK context. The research question was guided by the need to understand the various factors that influence teacher wellbeing in the UK, which can ultimately have an impact on their performance and retention in the profession. The study utilized semi-structured interviews with 8 primary school teachers from diverse backgrounds and teaching experiences. Data were analysed using Hybrid Thematic Analysis (HTA) within a contextualist framework. The preliminary findings revealed that teacher wellbeing is a multifaceted construct that includes elements such as work-life balance, which emerged as a significant factor. The study provides insights into how primary school teachers perceive and understand teacher wellbeing in the UK, which can inform future research and policy interventions aimed at improving teacher wellbeing and retention in the profession.

KEYNOTE_2: Jonathan Smith (ONLINE)

Time: Thursday, 31/Aug/2023: 6:30pm - 7:30pm · Location: CONFERENCE ROOM

Session Chair: Angela Abela

Travelling in time: using interpretative phenomenological analysis (IPA) to examine temporal aspects of the personal experience of mental health issues

Jonathan Smith

Birkbeck University of London, United Kingdom

In this talk I will explore the ways in which experiential qualitative methodology can be used to engage with the dynamic temporal qualities of mental health. I will do this by drawing on a number of studies I have conducted which have employed interpretative phenomenological analysis (IPA) to conduct detailed examination of these processes. The studies I will consider have explored: the psychologically debilitating consequences of chronic pain; the long-term impact of multi-systemic therapy; the effectiveness of a modified CBT intervention for young people with epilepsy and mental health difficulties. I will consider different conceptualizations of temporal and longitudinal occurring in this type of qualitative work.

SYMP_4: Experience mapping in qualitative interviewing in health and well-being research

Time: Friday, 01/Sept/2023: 9:00am - 10:30am · *Location:* CONFERENCE ROOM

Experience mapping in qualitative interviewing in health and well-being research

Chair(s): **Viola Sallay** (Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary)

Discussant(s): **Márta Csabai** (Károli Gáspár University, Budapest)

Qualitative research on health and well-being has seen a significant increase in the use of procedures involving visuality and participant activity in recent decades. These creative procedures allow participants to move beyond a verbal mindset and access dimensions of their experiences that would otherwise not be articulated.

The experience mapping method focuses on the processes of environmental-emotional self-regulation and the regulation of relationships in places by evoking places of particular emotional significance. These questioning methods promote deeper reflection on lived experiences, increase participants' opportunities for self-expression and sharing, support the balancing of power relations in the interview situation, and, in addition to generating new knowledge, help to validate the data on which we build our findings.

Three studies are presented from the Qualitative Research Lab of the University of Szeged, which share the common feature of using a qualitative methodology based on experience mapping to explore processes leading to mental health. Simon-Zámbori et al. investigate the experiences of parents of atypically developing children at home; Biró et al. explore place-related experiences of people with chronic illness and their partners. Finally, Gyöngyösi et al. report on how physicians create the conditions for their well-being at their workplace.

Presentations of the Symposium

Self-regulation and coping processes in the family home of parents raising children with atypical development

Petra Simon-Zámbori¹, Zsófia Bana², Tamás Martos³, Viola Sallay³

¹Doctoral School of Education, University of Szeged, Hungary, ²Department of Clinical Psychology, Semmelweis University, Budapest, Hungary,

³Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary

Aims and objectives: Raising a child with atypical development may have a profound impact on family members' mental health and family dynamics. The main aim of our research is to explore self-regulation and coping processes in the family home of parents raising children with atypical development.

Methods: Semi-structured in-depth interviews were conducted with twelve parental couples (N = 24) raising children with atypical development (e.g. Down syndrome, Stickler syndrome, lissencephaly). The Emotional Map of the Home experience mapping method was used to explore intra-family processes from a systemic and environmental psychological perspective, and the interviews were analysed using the Grounded Theory (GT) method.

Results: The analysis of the interviews highlighted individual, couple and family self-regulation and coping processes. Parents described changes that occurred with the birth of the atypically developing child, such as the redefinition of family roles and the rearrangement of the use of space in the family home.

Conclusions: Interviews with parents raising children with atypical development could provide valuable insights into the risk and protective factors of these families. These findings may contribute to a deeper understanding of how mental health in these families can be supported by prevention or intervention programmes tailored to their needs.

Relationships, places and experiences that lead to mental health in chronic illness

Dorottya Biró¹, Zsolt Szatmári¹, Tamás Martos², Viola Sallay²

¹Clinical Medical Sciences Doctoral School, Faculty of Medicine, University of Szeged, Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary, ²Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary

Background and objectives: Our qualitative, exploratory research investigates the personal health trajectories of people with IBD and COPD and their partners in the context of self-regulation, relationship regulation, and mental well-being. We aim to understand the processes that facilitate or hinder coping with everyday stress and to explore the role of the physical environment, peer support, and progressive symptoms of the disease in emotion regulation and health goal attainment.

Methods: In the research interviews, we used the method of experience mapping, i.e., emotionally important experiences were mapped in the context of the places that were significant for the individuals in shaping their well-being. The stories associated with the places and experiences marked on the map were then explored in relation to the health goals.

Results: By analysing the interview transcripts using Grounded Theory methodology, we explored patterns of place-related self-regulatory experiences, including protective and risk factors experienced in the home and outside the home, and the role of relational experiences in the processes in their mental well-being.

Conclusions: By exploring these behaviours and experiences, we provide information for healthcare professionals to contribute to more effective practical care that is tailored to the person and their environment.

"This is my place, no one can take it from me" - Environmental - emotional self-regulation processes in the workplace - a study regarding physicians

Orsolya Gyöngyösi¹, Tamás Martos², Viola Sallay²

¹Clinical Medical Sciences Doctoral School, Faculty of Medicine, University of Szeged, Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary, ²Department of Personality, Clinical and Health Psychology, University of Szeged, Hungary

Background and aims: In our research, we looked for the representation of the socio-physical environment of the workplace in terms of protective and risk factors for physicians' mental health during their daily work. Our research question was how physicians create their mental wellbeing and optimal conditions in the socio-physical environment of the workplace, as well as factors and processes that help or complicate this.

Methods: We used the qualitative methodology: Experience Map of the Workplace. We conducted semi-structured in-depth interviews with physicians, N=28 (12 male, 16 female). We asked the interviewee to draw a layout of their workplace, and asked questions about the following (to be marked on the layout): safety, uncertainty, success/development, tension, loneliness, and togetherness. Thereafter, we asked that the experiences be detailed and explored. The method of analysis was Grounded Theory Methodology.

Findings: As a result, we uncovered different and contradictory variations of workplace self-regulation processes, for example: "Cooperation without words" or "Loss of control: external and internal hell".

Conclusion: Whereas previous research has examined the process of emotion regulation in physicians, these general descriptions contain no reference to the person's mental health in the context of their socio-physical environment. This gives our study novelty.

ORAL SESSION 7

Time: Friday, 01/Sept/2023: 9:00am - 10:30am · Location: ORTVAY

Session Chair: Guido Veronese

Risk and protective factors among Palestinian children living under military occupation and political oppression

Guido Veronese, Federica Cavazzoni, Sabrina Russo, Haneen Ayoub

University of Milano-Bicocca, Italy

The set of political, social, economic, and environmental factors that result from the occupation has a lasting direct and indirect effect on the well-being of the children exposed to systematic violence. In this study, we explored the impact of systematic violence and military oppression on 22 school-aged youths (M = 12.2; SD = 2.69, 45.5% girls) living in the West Bank. We identified factors associated with children's maladjustment to potentially traumatic environments and survival skills following a socio-ecological lens. Data were collected through biographical participative interviews. The TCA identified six themes: the pervasiveness of the Israeli violence; the unexpected costs of the pandemic; victims and perpetrators of intra-community violence; everyday acts of happiness (or normalcy); support from families, peers, and community; subverting negative situations and fighting back. Children emerged as continuously engaged in adjustment and readjustment to inhuman living conditions, making normal what is abnormal in their development. The study draws attention to the political antecedent and determinants of the Palestinian children's actions and reactions to violence, highlighting the impossibility of exploring children's growth while avoiding political and human rights implications.

Re-adjusting to the civilian life: the transition experiences of retired Indian Army officers

Shivani Sachdev, Shikha Dixit

Indian Institute of Technology Kanpur, India

The adjustment to civilian life after military retirement can be challenging. According to the literature, a significant number of Veterans find this transition difficult and readjusting to the civilian culture highly stressful. However, in the Indian context, there is still a paucity of research on this transition phenomenon. Therefore, the present study aimed to explore the experiences of retired Indian Army officers transitioning from the military to the civilian culture. The study utilized a social constructivism paradigm and an interpretive phenomenological approach to analyze the semi-structured interviews carried out with six participants. Six superordinate themes evolved – *'the army as a way of life'*, *'decisions to retire'*, *'civilian cultural mismatch'*, *'tribulations of transitioning'*, *'the deeply embedded military identity'*, and *'the transition-facilitating factors'*. The results helped gain an in-depth understanding of both the individual and collective participants' transition experiences and revealed the challenges and factors that aided the participants in transitioning from the military and readjusting to civilian life. Findings can help in designing improved retirement modules for aiding veterans to transition holistically better. It also has implications for organizations to understand and employ veterans with multiple skills and contribute to policymaking for military veterans.

The post-traumatic growth of Ukraine war survivors: An interpretative phenomenological analysis

Sabrina Mahmood, Zsuzsa Kalo

Eotvos Lorand University, Hungary

Background: Post-traumatic growth (PTG) (Tedeschi et al., 1998) has been defined as the subjective experience of positive psychological changes in the aftermath of a traumatic experience, and some people experience these positive changes besides traumatic stress (Tedeschi and Calhoun, 1999, 2004). However, there needs to be more qualitative study to explore the experiences of PTG with Ukraine war survivors in Hungary. Therefore, we aimed to explore Ukraine participants' experiences of post-traumatic growth.

Method: Interpretative phenomenological analysis (IPA) was used to analyze data from nine individual semi-structured interviews with Ukraine war survivors. Thematic analysis identified patterns and themes regarding survivors' PTG.

Results: We identified the following themes as post-traumatic growth: 1. relating to others (example of item: "how wonderful, strange people are"), 2. new possibilities (example of item: "I developed new interests"), (3) personal strength (example of item: "I have a greater feeling of self-confidence, resiliency and self-compassionate"), 4. spiritual change (example: "I have a better understanding of spiritual matters through meditation"), and 5. appreciation of life (example: "I have supportive family members and community for the value of my own life.")

Conclusion: Posttraumatic growth, including a sense of security, autonomy, and self-worth, were significant findings in this study.

Researching trauma and mass violence: reflexivity, participation, and agency

Gina Donoso

Central European University, Hungary

Trauma after torture, sexual violence, and others, represents a rupture in social relationships. The reparation of these and other human rights violations is necessarily connected to the restoration of trust and relationality. This epistemological positionality implies a revision of the traditional concepts of objectivity and neutrality in academia. Under the premise that research is ethical if it aims to transform the reality that investigates, my work intends to build bridges between academia and activism.

I study the deep subjective impacts that traumatic violence has on victims and the potential ways of recovery. Researching trauma is not only an academic task, is always a subjective encounter. The value of ethical emotional bonding and the effect of subjective recognition might have a restorative impact on both researchers and participants.

I revise critical social research concepts like positionality, reflexivity, and Psychology of Liberation Participatory Action Research (PAR) methods, both approaches emphasize the ethics of power relationships. Through this presentation, my broader aim is to suggest that active involvement with participants on their social and political realities not only provides additional and more reliable data but it may support qualitative research as a tool for profound subjective encounters beyond its academic goals.

ORAL SESSION 8

Time: Friday, 01/Sept/2023: 9:00am - 10:30am · Location: GROH

Session Chair: Ola Demkowicz

Adolescent girls' perspectives on current rates of low mood and anxiety: a co-production qualitative exploration

Ola Demkowicz¹, Rebecca Jefferson⁴, Pratyasha Nanda², Lucy Foulkes³

¹University of Manchester, United Kingdom; ²Common Room; ³University of Oxford; ⁴University of Central Lancashire

Recent evidence has suggested that adolescent girls are experiencing increasing rates of low mood and anxiety. There is little clarity on the cause of this increase, and no understanding of adolescent girls' own perspectives on these issues, with most explanations put forward by researchers. We present here an analysis from a co-produced qualitative study, where we undertook online focus groups with 32 adolescent girls to explore their perspectives on, and explanations for, growing rates of low mood and anxiety in their population. We have constructed six key themes through reflexive thematic analysis: a) current mental health context and discourses, b) how girls and women "should" look and behave; c) educational pressure; d) peer relationship difficulties, e) social media and insecurity, and f) there is no easy answer. In this presentation we explore these themes and the pressure and complexity that they capture, and reflect on the methods and process of this research and the possibilities and challenges it carries for directing ongoing research in this area.

Understanding the pressure and self-management strategies of adolescent girls in their daily lives: an innovative interdisciplinary approach to capture everyday experiences

Rachel Anne Starr, Joanna Elizabeth Farr

Birkbeck University of London, United Kingdom

In the UK, one in four girls aged 17 to 19 have a probable mental disorder. Yet there is a lack of research focusing on the self-management of young people's mental health, particularly those whose difficulties are below clinical thresholds. In this study, an innovative interdisciplinary approach was piloted to access the real-time stressors and self-management strategies of adolescent girls.

Fifteen girls, aged 16-17 and not receiving professional mental health support, were invited to record video diaries (on their phones) of their daily lives for four weeks. Video diary data was analysed, and interview questions formulated around the key themes. Interviews were conducted and analysed using Interpretative Phenomenological Analysis. Finally, participants were invited to make films that drew on their video diaries.

Six themes were formulated: (i) Tick Tock: The Constant Threat of Time; (ii) Me Versus School; (iii) 'Why am I like this?' Struggling for Agency over spiralling emotions; (iv) Being there no matter what; (v) Uplifting power of everyday rituals and routines and (vi) My Superpower.

Video diaries provided access to the day-to-day lives of participants, enabling interviews to be focused on what mattered to them. This approach is well-positioned to capture daily experiences, particularly among hard-to-reach groups.

"Unexpected" suicides by adolescents: lessons for suicide prevention

Diana Van Bergen¹, Saskia Merelle², Milou Looijmans², Caitlin Grieve¹, Oliver Konrad³, Elias Balt²

¹the University of Groningen, the Netherlands; ²113 Suicide Prevention, the Netherlands; ³Institut d'études politiques de Paris

Aim

To offer a fine-grained analysis of adolescent suicides classified as "unexpected", in order to arrive at lessons for suicide prevention.

Methods and Materials

Qualitative interviews were held with the parents, peers, and teachers of 35 adolescent suicide cases (17 boys, mean age= 17 years). We performed a thematic analysis regarding the aforementioned factors and identified three categories of youth suicides, "unexpected suicides" being one of the categories.

Results

Seven adolescent male and two female suicides could be categorized as "unexpected" i.e., cases without clear signals, who had not received mental health care. In hindsight, for almost all 9 young people informants could point at "normal" adolescent issues. i.e., loneliness or depressed mood- based on their diaries or school notebook studied after their death. Others had been anxious about growing up and what the future would bring, and for others school stress or insecurity in social relationships had played a role. Referral to death had sometimes been made by these 9 youth, albeit in covert ways.

Discussion and Conclusion

Suicide prevention for adolescence requires a social network approach where schools, peers, teachers and general practitioners, together with parents share responsibility for the care of young people.

The social process of youth recovery and identity formation during early psychosis – a meta-ethnography

Ida Storm^{1,2,3}, Anne Kathrine Kousgaard Mikkelsen^{1,2}, Mari Holen⁴, Lisbeth Hybholt^{1,2,3}, Stephen Fitzgerald Austin^{1,2,5,6}, Lene Lauge Berring^{1,3,5}

¹Research Unit, Mental Health Services East, Smedegade 16, 4000 Roskilde, Psychiatry Region Zealand, Denmark; ²Psychiatric Research Unit, Fælledvej 6, 4200 Slagelse, Psychiatry Region Zealand, Denmark.; ³Institute of Regional Health Research, University of Southern Denmark, Odense, Denmark.; ⁴Health and Society, Department of People and Technology, Roskilde University.; ⁵Psychiatric Research Unit, Centre for Relation & De-escalation, Mental Health Services, Fælledvej 6, 4200 Slagelse, Psychiatry Region Zealand, Denmark.; ⁶Institute for Psychology, University of Southern Denmark.

Seeking refined understanding of recovery during formation in is relevant, as life-disrupting mental suffering diagnosed with psychosis generally appears at an early age. However, most meta-studies overlook what it means to recover during the period of youth. Examined through a theoretical lens of youth belonging, this qualitative meta-ethnography synthesizes empirical studies' interpretations of young people's recovery during psychosis. Based on a systematic literature review, eleven empirical studies were included, generating four overarching themes: 1) Feeling unable to live up to expectations of progress in youth 2) Feeling lost and left behind, 3) Recovering through belonging with other young people, 4) Navigating identity positions of growth or disability. While young people suffer from isolation, recovery is conceptualized as "getting on with life like other young persons" which implies belonging to and synchronizing life rhythms with age peers. Primarily socializing with adults may imply feeling stuck in a child's position, while belonging to age peers enables positioning oneself as a young person. A synthesizing line of argument suggested relational complexities in pathways to recovery in youth. These complexities of navigating social relationships while striving for recognition and avoiding undesired identity positions can challenge young people's processes of breaking out of social isolation.

ORAL SESSION 9

Time: Friday, 01/Sept/2023: 9:00am - 10:30am · Location: BRUCKNER
Session Chair: Marina Helen Morrow

Realizing human rights and equity in community based mental health services: Addressing deepening inequities through community-based responses

Marina Helen Morrow¹, Susan Lynn Hardie²

¹York university, Canada; ²Eviace

The COVID-19 pandemic laid bare social inequities, drove up economic costs, and has had multiple mental health impacts. The result has been the deepening of global crises related to homelessness, poverty and inequities grounded in classism, racism, sexism and sanism. In some jurisdictions, we have seen upticks in violence, especially in public places. This has fueled stigma against people in emotional distress as the trope of the violent, mentally ill person has found new life in public discourse. These developments have been used to justify increased public controls in the lives of vulnerable people through police intervention and calls to increase legislative powers to involuntary detain and treat people.

Against this backdrop we are doing international (Canada, Kenya, Australia) intersectionality informed qualitative research that foregrounds the lived experiences of people who have been held involuntarily and have experienced coercion and discrimination in the context of mental health care. In this presentation we discuss the preliminary results of our field research in Canada and present the results of our international literature review/environmental scan on promising practices. We argue that societal resources need to be put towards enhancing community-based interventions that optimize care and human rights and aims to reduce/eliminate coercive practices.

“I wish I could have a medical bracelet saying that if I have a crisis, do not call 911”: Transgender and gender diverse people’s experiences of acute and post-discharge mental healthcare

June Lam

University of Toronto, Canada

Background: Transgender and gender diverse (trans) people experience significant oppression, with resulting mental health disparities and greater need for acute mental healthcare, i.e. mental health hospitalizations and emergency department visits. Few qualitative studies have focused on trans people’s experiences of acute and post-discharge mental health care, which was the aim of this study.

Methods: Trans people living in Toronto, Ontario, who have experienced acute mental healthcare (n = 15) were recruited. In-depth individual interviews were conducted, transcribed, and analyzed using constructivist grounded theory.

Results: Participants described the inpatient psychiatric environment as regularly invalidating and misgendering, requiring vigilance, energy, and self-advocacy to address; which were limited resources during a mental health crisis. These experiences impeded recovery and led to future avoidance of care. Participants described how their care needs were not adequately addressed in or out of hospital. They identified multiple layers of needed changes to improve care in the system, including autonomy and anti-oppression in the mental healthcare system, addressing of social determinants of mental health, prioritizing of connection to community, and support in navigating a complex system.

Conclusions: Trans people face multiple unique barriers to accessing the mental healthcare they need. Addressing this requires shifting of the existing mental healthcare system.

Keeping up with the normies: SpongeBob Squarepants and intertextuality in mental health memes

Reeta Adele Karjalainen

University of Jyväskylä, Finland

Mental health problems are discussed increasingly on different Internet channels and social media. Due to the culture becoming more visualized and memetic, mental health is represented also in Internet memes. Memes are one way of showing individual and shared experiences on the treatment, diagnoses, and living with mental health problems. They also reflect millennial and Gen-Z humour by utilizing semiotic resources from various pop-culture products.

This presentation focuses on mental health memes that use images and references from SpongeBob Squarepants and examines the intertextualities, semiotic processes, and humour of mental health memes. Moreover, I discuss how these intertextualities form representations of mental (ill-)health, and how these representations link to different cultural and societal phenomena surrounding mental health.

The data consists of mental health themed SpongeBob memes collected from Imgur.com and Instagram. The results show these memes depict three different relationships of the mentally suffering; 1. the relationship with treatment 2. the relationship with the “normal people,” and 3. the relationship with the mental illness itself. Interestingly, Spongebob is used to represent symptoms, diagnoses, and feelings, as well as the self; in other words, they are used to illustrate the conflict and dialogue between the mental illness and the person behind it.

Suicide and social exclusion: Thinking beyond individualised disconnectedness

Rebecca Helman, Joe Anderson, Sarah Huque, Amy Chandler

University of Edinburgh, United Kingdom

Loneliness and disconnectedness are highlighted as important 'risk factors' for suicide within much suicide research. However, these conceptions tend to be framed in individualised, psychologised ways. An individualised focus on loneliness and disconnection fails to engage with the social, structural and institutional conditions, which produce exclusion and disconnection (for example through racism, homophobia, transphobia, ableism, classism, sexism, among others). This presentation draws on long-term ethnographic engagement with community-based organisations supporting people experiencing mental health challenges, as well as in-depth qualitative interviews with people affected by suicide (via an attempt, bereavement, or in a professional capacity). Drawing on narrative, thematic and abductive analysis, we explore the ways in which social exclusion produces and is produced by forms of social disconnection and loneliness. Alongside processes of social exclusion, we also explore how community-based forms of non-clinical support that promote long-term accompaniment and empathy offer essential means of re-connecting people experiencing suicidality. Considering processes of loneliness, exclusion and disconnection as social rather than individual invites consideration of how these are produced within broader social systems. We demonstrate that a focus on social exclusion, rather than individualised loneliness and disconnectedness creates different possibilities for engaging with and responding to suicide.

ORAL SESSION 10

Time: Friday, 01/Sept/2023: 9:00am - 10:30am · Location: JANOSSY

Session Chair: Stephanie Dale

Working through relational trauma: An exploration of narratives of lived experiences of trauma and recovery.

Penn Smith, Divine Charura

York St John University, United Kingdom

This presentation offers a critical exploration of the importance of encountering therapeutic and reparative relationships when working through psychological trauma. As professionals we share many years of experience working with individuals who present with complex trauma. This informs our understanding and application of theory, research, and counselling practice. In this work we share a particular focus on understanding the meaning that individuals give to their experiences, and on working with trauma through relational means. We draw from two key research studies conducted with 15 service users from a United Kingdom (UK) mental health rehabilitation and recovery service and 12 asylum-seekers and refugees based in the UK. Our approach is informed by relational-centred, existential-phenomenological theoretical perspectives which assert that all humans have built-in propensity to grow to their full potential when specific conditions are met. However, personal problems and trauma may arise in and through relationality thereby interrupting connection with self and others. Relationships and experiences which offer the right conditions for transformation enable growth and change in one's felt sense of self and being in the world. In our presentation we will present our definition of *Relational Trauma* and consider how issues can arise in and through relationality.

Community discourses about recovery from disaster: perspectives on recovery voiced by community members four and five years after the Grenfell fire.

Naureen Whittinger, Sarah Helps

National Health Service, United Kingdom

This study employed Foucauldian discourse analysis to explore what discourses about mental health recovery were constructed by community members who were directly and indirectly impacted by the fire at Grenfell tower in 2017. Despite prior repeated concerns raised by residents about building safety, the fire claimed the lives of 72 people. They had lived in the richest borough of London but were mainly from minoritized groups. Transcribed film and speeches streamed on social media on the fourth and fifth anniversaries of the Grenfell tower fire were analysed. It revealed that community members adopted three main discourses around their recovery: a relational discourse, action discourse and community discourse. These findings suggested social connectedness, being active participants in change-making, and community unity enabled people to adopt positions helpful for recovery. The primary researcher will reflect on the context of ongoing social injustice for this community and her own personal learning from working in the area. If professionals working in mental health settings desire to give voice to the people impacted by the consequences of disaster, it is imperative to attend to language and issues connected with power as well as the implications of social and political injustice for individuals and communities.

"I really needed to scream": How a longitudinal qualitative study bridged geographical and social isolation during COVID-19 in Australia

Stephanie Dale

Queensland University of Technology, Australia

For rural and remote Australians, COVID-19 followed on the heels of drought, flood, and wildfire. The pandemic exacerbated existent isolation and stress as rural and remote communities reeled from one climate disaster to another. A longitudinal, qualitative group study conducted during the pandemic bridged geographical isolation and social isolation caused by government-mandated lockdowns, closed borders, and stay-home orders for the unvaccinated.

This salutogenic study was positioned at the forefront of online group research during a period of extreme personal, community, social, economic, and political challenge. As well as investigating how writing contributed to and/or achieved health and wellbeing, the study contributed to knowledge regarding online wellbeing interventions in pandemic conditions.

Sixteen participants took part in the study. Interpretative phenomenological analysis (IPA) was used to evaluate semi-structured interviews undertaken at four timepoints during the program.

Key findings included the importance of languaging the feeling body to wellbeing outcomes, and that wellbeing outcomes were commensurate with developing trust – for self, others, and the world.

This presentation pivots around the elements and assemblage of this innovative qualitative study design.

"This (study) was the one thing going for myself that was outside of talking about the pandemic and (my partner's) PTSD." (Participant)

Letters from home – an interpretive exploration of the experiences of people who were children during World War Two

Karen Julie Longson

Keele University, United Kingdom

World War Two (WWII) brought upheaval for children on a global scale, with fathers conscripted, mothers supporting the war effort and millions of children evacuated away from harm. People turning 80 in the 2010's were the first generation to become octogenarians having experienced WWII as children.

Interviews and the novel use of written accounts were adopted as a method of data collection, to hear stories from this "silent generation" of people whose voices were again stifled by a global pandemic, the challenges of engagement with technology and the requirements for many to shield away from potential harm. A set of wonderful data reveals how children experienced the last period of global conflict for over 80 years.

Their stories tell of gas masks and air raid shelters, of missing fathers and hard-working mothers of course, but initial analysis using Interpretive Phenomenological Analysis (IPA) is revealing a much deeper meaning for these wartime experiences. A key theme is "remembering", and the way in which older people are engaging with their memories of a wartime childhood may shed light on how those early experiences are shaping their relationships, expectations, hopes and fears as they move forward in to older, older age.

SYMP_5: Family narratives after forced migration – exploring vulnerability and resilience

Time: Friday, 01/Sept/2023: 11:00am - 12:30pm · Location: CONFERENCE ROOM

Family narratives after forced migration – exploring vulnerability and resilience

Chair(s): **Maria Borcsa** (University of Applied Sciences Nordhausen, Germany)

Discussant(s): **Erminia Colucci** (Middlesex University)

The symposium is dedicated to the research project “Transgenerational effects on families after forced migration” (Borcsa, 2023).

The aim of Part 1 of the project is to reconstruct family patterns of processing and transgenerational transmission of forced migration experiences in German and Polish families who were resettled as an effect of the Second World War (WW II). Narrative individual interviews were conducted with the representatives of the oldest generation, a couple interview with the middle generation and a family interview across the generations.

Part 2 of the project, is dedicated to resilience-promoting narratives. The aim is to identify family coping strategies in dealing with experiences of loss and trauma in family (sub-)systems fleeing from Mariupol to Germany and Poland as a result of the war in Ukraine. Mothers were interviewed in narrative individual interviews. Subsequently, a subsystem interview was conducted together with the eldest child.

Presentations of the Symposium

Transgenerational scripts of resettlement and migration. Interactional displays of memory

Bernadetta Janusz¹, Paweł Landwójtowicz², Dietmar Wetzel³, Maria Borcsa⁴

¹Family Therapy and Psychosomatics Department, Medical College, Jagiellonian University, Poland, ²Department of Pastoral Care, Institute of Pastoral Theology, Faculty of Theology, Catholic University of Lublin, Poland, ³MSH Medical School, Faculty of Human Sciences, Department of Education, Hamburg, Germany, ⁴Institute for Social Medicine, Rehabilitation Sciences and Health Care Research, University of Applied Sciences Nordhausen, Germany

In this presentation, we focus on the relation between memory and intergenerational narratives of family mobility including resettlement after WW II. Intergenerational narratives are originally told by parents and received by children, and over retellings children dynamically participate in the conversations having a sense of “ownership” over the stories (McLean, 2016). We are interested in transgenerational scripts of survival and suffering that are linked to family mobility and the existence of this mobility in family memory (Borcsa & Wetzel 2023). To meet this objective, the representatives of three generations of the family were interviewed.

Multimodal conversation analysis was used to investigate how individual memory and family memory are performed in the conversation. We follow Kitzinger (2006), who states that cognitions can be revealed in interaction. We treat the memory as the “capacity that underpins the interaction and is made manifest through it” (Kitzinger, 2006, p.79). Our research findings show that: (1) individual memory and family memory are performed in a distinctive way in the interaction. (2) Individual experience of family mobility is not only performed in a different way but also remains not fully integrated into family memory. (3) The family memory constitutes the family script or dominant family narratives.

Reconstructions of narrative identities after forced migration

Maria Borcsa, Paula Witzel

Institute for Social Medicine, Rehabilitation Sciences and Health Care Research, University of Applied Sciences Nordhausen, Germany

As a consequence of the Second World War, forty million people in Europe including children and their families were forced to migrate because of their nationality or religion (Schwartz, 2013). At the end of 1944, East German civilian population had to flee e.g., from areas such as Upper Silesia (today Poland) or were later resettled in an “organised” manner (Czerniakiewicz & Czerniakiewicz, 2005). Challenges consisted in processing the traumatic experiences and sorting out one’s identity at the same time (Peters, 2018; Kossert, 2020). In family narratives, narrative identity develops interactively and communicatively through engaging in positioning activities (Lucius-Hoene & Deppermann, 2004; Bamberg, 1997, 2004, 2005, 2011).

The aim of the explorative study is to capture how narrative identity construction takes place transgenerationally in families after forced migration. Within the framework of a positioning analysis, two family systems are contrasted. From the results, it can be deduced that positioning analysis is useful for the analysis of family structures, self-concepts, hidden emotions as well as family values. The presentation illustrates the potential of positioning analysis for empirical research as well as for narrative therapy.

Researcher’s positioning. Reflexivity at the initial stage of the research project ‘transgenerational effects of forced migration’

Antonina Bryniarska¹, Barbara Wojszel², Bernadetta Janusz³, Swetłana Mróz², Natalia Śmierciak⁴, Ewelina Startek⁵, Barbara Józefik¹

¹Laboratory of Psychology and Systemic Psychotherapy, Department of Child and Adolescent Psychiatry, Jagiellonian University Medical College, Cracow, Poland, ²Outpatient Clinic for Child and Adolescent Psychiatry, Department for Child and Adolescent Psychiatry, The University Hospital, Cracow, Poland, ³Department of Family Therapy and Psychosomatics, Faculty of Psychiatry, Jagiellonian University CM, Cracow, Poland, ⁴Department for Child and Adolescent Psychiatry, The University Hospital, Cracow, Poland, ⁵Foundation ‘Wolno Nam’, Cracow, Poland

Reflexivity in qualitative research involves the recognition that the researchers are part of the social world that they study (Ackerly&True, 2010). Reflexivity, despite being a major trend in current qualitative research, is still underexplored. In this paper we present analysis of researchers’ reflexivity at the initial phase of the “Transgenerational effects on families after forced migration” project, which is the second part of “Narratives and resilience” project (Borcsa, 2023). Purpose: The study aims at showing the researchers’ multiple points of entry into the research process. By ‘points of entry’ we understand investigators’ self-awareness of their initial positions based on class, sex, ethnicity, race, social and

professional roles as well as their experiences and attitudes towards the war in Ukraine. Method: We use semi-structured interviews involving questions about researchers' experiences and attitudes towards the war in Ukraine, Ukrainian refugees, motherhood and protection of the child. We also analyze the discussion among the team during the first research meetings. Conclusions: The concluding part of the paper shows in what way the researchers' initial positionings are performed at the beginning of the project. Thereby the role of subjectivity and a contextualized insight into human experience in qualitative research process is highlighted.

SYMP_6: Bridging lives and systems: The power of Interpretative Phenomenological Analysis (IPA) to unearth, illuminate and privilege unheard voices that matter

Time: Friday, 01/Sept/2023: 11:00am - 12:30pm · *Location:* ORTVAY

Bridging lives and systems: The power of Interpretative Phenomenological Analysis (IPA) to unearth, illuminate and privilege unheard voices that matter

Chair(s): **Clare Catherine Finegan** (Dublin City University, Ireland)

Discussant(s): **Kathleen Noone** (Dublin City University), **Stephanie Dale** (Queensland University of Technology (Australia))

Changing epidemiology, demographics, and ethnographies, including bio-psycho-socio-cultural expertise and advancements, have prompted a wave of global and collaborative scholarship bridging the gap between mental ill-health and well-being. Research methodologies are socially and politically oriented. Quantitative research methods tend to influence policies, while qualitative methods influence practice. Qualitative research participants are considered experts through their lifeworld experience and are ideally situated to answer "the how" and "why" of mental ill-health. This provides opportunities to further explore "the what" of quantitative research, allowing supportive bridges to be built towards enhancing well-being within the individual and in the wider community, as well as healthy collaboration within research communities. Research literature demonstrates the aetiology of mental ill-health and distress as multifactorial, whilst illuminating embodied conflict between a person's internal and external lifeworld. Qualitative methodologies seek to gain a deeper understanding of the meanings individuals attribute to these aspects of their lived experiences. Interpretative Phenomenological Analysis (IPA) has matured as a qualitative research methodology, investigating and dialoguing with multi-layered mental health and well-being topics that matter to individuals and communities, providing valuable insights into everyday experiences that are underrepresented in research literature. This presentation delivers insight into a global community of frontline qualitative research practice.

Presentations of the Symposium

The untapped tacit power of Interpretative Phenomenological Analysis (IPA) as a qualitative research methodology in mental health and well-being research

Kathleen Noone
Dublin City University

This presentation illuminates IPA's "goodness of fit" for both participants and researchers, where it is the chosen qualitative methodology to explore in-depth emotive lifeworld experiences that matter. IPA privileges many key areas of lived experience and its impact, which are frequently associated with mental health and well-being such as the participants: uniqueness, thoughts, feelings, behaviours, language, social relationships, and meaning-making. Equally, IPA values the researcher's expertise, their personal experience and the tacit parallel impact of the participant's experience on the researcher. Little is written in the literature to date about the untapped tacit power of IPA during data collection and analysis, where the embodied researcher both touches and is touched by the emotive experiences of participants, including their suffering. Thus, IPA has the capacity to facilitate and enhance the interpretation and sense-making of multi-layered complex mental health and well-being experiences, bridging gaps in the horizons of understanding between individual participants, researchers and their interconnected collective lifeworlds. In this way, IPA compels and mentors the researcher to remain open to uncovering the hidden gems within participants' data, in order to better inform and influence mental health and well-being practices locally, nationally and internationally.

Bridging the gap in organisational systems to support lives

Clare Finegan
Dublin City University

This Presentation draws from new qualitative research into the impact of student suicide on Irish secondary school guidance counsellors (GCs), who are highly likely to encounter the loss of a student to suicide and deal with the aftermath. This qualitative Interpretative Phenomenological Analysis (IPA) study aimed to give voice to this cohort of frontline professionals. Participants reported a 'gap', a 'systemic disconnect', in the National psychological support services' guidelines and interventions to adequately serve the mental health and well-being needs of vulnerable school communities in the aftermath of student suicide. Data analysis identified the significant emotional impact and felt responsibility in participants as frontline carers. Their need to respond to a 'tsunami' of traumatised students, frequently exacerbated by a dissonance with the suicide prevention protocols, left them feeling disempowered in their role. It highlights how participants were further burdened by systemic disconnect, ambiguity and organisational double-bind while relying on personal resources to ensure professional self-care. The study's findings provide insight that can positively influence school mental health clinical practice, critical incident protocols and policy. The vision is to bridge the systemic gap to better serve the needs of school communities, meanwhile trying to mitigate systemic harm.

The power of IPA to speak for the longing of the human heart: The salutogenic imperative of making way for longing in public policy and discourse

Stephanie Dale
Queensland University of Technology (Australia)

This longitudinal qualitative study exposed the devastating impact of unactioned longing on everyday human lives, and the imperative of accounting for longing in health and wellbeing practice and public policy. Using Interpretative Phenomenological Analysis (IPA) the study tracked human longing over four months. It identified the interrelationships between actioned/unactioned longing and shame, trust, and connection (with self, others and the world). The study was based on an online wellbeing-through-writing program, and embedded inside a salutogenic (origins of health) theoretical framework. It resulted in the development of a model for actioning longing to achieve recovery, growth and

lifeworld transformation. The study also resulted in the introduction of a new concept in health and wellbeing research: the significance of languaging the feeling body through writing to a) overcoming shame, b) actioning longing, and c) the consequential nature of rising courage. It concludes that health and wellbeing practitioners and policymakers who do not pay attention to human longing, as experienced through the feeling body, fail clients and communities; and that salutogenic growth – in health, wellness and effective public policy – is achieved through operationalising the longing of the human heart.

ORAL SESSION 11

Time: Friday, 01/Sept/2023: 11:00am - 12:30pm · Location: GROH
Session Chair: Marta Csabai

“Their voice becomes my voice”: Understanding the development of the dialogical self through the internalization of voices in group psychotherapy

Maria Viou, Eugenie Georgaca

Aristotle University of Thessaloniki, Greece

This paper focuses on the important issue of the social nature of self and the ways the different aspects of the self are being internalized through external dialogues. It presents a study that systematically explores the development of the clients' voices during group psychotherapy from a narrative and dialogical perspective. Thematic narrative analysis was used to study 20 two-hour group therapy sessions of a systemic informed approach that was completed over two years. The analysis involved mapping of the voices of each group member, their categorization as compassionate and/or reflexive and a sequential depiction of the group voices through timelines. The analysis reveals the ways in which voices, especially compassionate voices, that appear in the dialogue between clients and therapists and are rehearsed in the context of the group are gradually internalized by the clients, becoming clients' voices, changing thus the dominance of voices of each client's voice repertoire. This study empirically depicts the process of internalization of voices, providing support to the dialogical self theory and the social nature of the self.

Evaluating mental health first aid, exploring workplace end-users' experiences – a qualitative reflexive thematic analysis

Opeyemi Atanda, Patrick Callaghan, Eleni Vangeli, Paula Reavey

London South Bank University, United Kingdom

Background: Evidence suggests that Mental Health First Aid (MHFA) benefits organisations. However, the impact on recipients and the companies that adopt MHFA remains unclear.

Study Aim: To explore the experiences of recipients and employees in UK-based companies where MHFA was introduced to promote help-seeking behaviours. Also its impact on organisational culture and work relationships.

Methods

Design: A reflexive thematic analysis was used to identify themes from experiences shared about MHFA, including its strengths and challenges.

Sample: Twenty-four participants from an ongoing clustered randomised controlled trial purposely selected were interviewed.

Results

Three themes were identified from the experiences of participants; “ambiguity concerning the purpose of MHFA”, “reluctance to engage due to ambivalent feelings about MHFA support”, and “hierarchical influence and risk of disclosure”. Three themes were identified regarding the impact of MHFA on organisational culture and work relationships: “incorporating mental health/well-being chats in organisational structures and processes”, “communication and openness about mental health”, and “fostering empathetic relationships”.

Conclusion

There is uncertainty about the relevance of MHFA in a workplace context, with some factors contributing to this understanding. However, the intervention contributes positively to the organisational culture and empathetic relationships among colleagues.

Development of drawing test and intervention tools in clinical health psychology

Márta Csabai¹, Melinda Látos², Zita Sándor³, Tünde Lévai²

¹Károli Gáspár University of the Reformed Church, Budapest, Hungary; ²Department of Surgery, University of Szeged, Hungary; ³Faculty of Health and Social Sciences, Gál Ferenc University, Hungary

Clinical experience shows that questionnaires can be burdensome and time-consuming in work with seriously ill patients. Drawings may offer promising alternatives and additional values. We will present clinical and research experiences with tools developed by us. 1. *Draw-a-Person and Transplanted Kidney Task* A drawing task of the body and the new organ after transplantation. The characteristics of the drawings correlate with anxiety, depression, and medical parameters, by which we can detect and support the psychosomatic integration of the new organ. 2. *PRISM-D - The drawing version of the Pictorial Representation of Illness and Self Measure*. After validating the tool with 500 chronic patients, we tested it with 150 cancer patients, and found it very well applicable both for exploring illness representations and to develop coping strategies. 3. *Emotional Graph of Illness Trajectory*, a drawing technique combined with the analysis of illness stories based on Frank's categories of restitution, chaos, and quest narratives. According to our results with 140 patients in surgery, there were significant differences in the three narrative and graphic groups in disease-related concerns, treatment control and emotional representation. All the three tools can be used throughout the healing process, both for testing and interventions in clinical health psychology.

Synthesis of Interpretative Phenomenological Analysis studies – epistemology and a step-by-step guide

Asztrik Kovács, József Rácz

Eötvös Loránd University, Hungary

Many qualitative articles have been investigating the experience of international students, however, they might either “eternally reinventing the wheel”, or be “pieces of jigsaw” as they do not let us see a complex and whole picture of an experience. Synthesizing qualitative research with various epistemological approaches calls for many interpretations and translations of data to find those themes where they can be compared. To avoid the difficulties of comparing “apples to oranges” we analyzed articles carried out by using Interpretative Phenomenological Analysis studies and investigating international student experience. In our research, we discuss the epistemological possibility of such synthesis of IPA articles and we also present a step-by-step approach of interpretive synthesis of studies using Interpretative Phenomenological Analysis. We not only compared existing themes and interpretations of authors but also decomposed them and made critical re-interpretations and triangulation of participants' quotations, and researchers' interpretation if it was needed because of the lack of clarity, lack of precision or incongruent interpretations of quotations. IPA articles are sufficient for reinterpretations as quotations of interviewees guarantee the transparency of interpretations and the process of knowledge making.

ORAL SESSION 12

Time: Friday, 01/Sept/2023: 11:00am - 12:30pm · Location: BRUCKNER
Session Chair: Stefan Sjöström

Bringing ethnography and conversation analysis to everyday dementia environments

Felix Diaz

American University in Bulgaria, Bulgaria

In this presentation I wish to review and discuss the challenges involved in introducing ethnography and conversation analysis in the habitual residential environments of persons with dementia to support valid assessment and quality care. I will refer to my experience promoting the ecological assessment of pragmatic competence and training dementia caregivers in assessment and intervention techniques grounded in everyday life. This work remits to methodological developments including the application of Conversation Analysis to impaired communication, the Ethnography of Communication Disorders and Person-Centered Dementia Care. The challenges I will discuss include: Shifting attention from brainy and psychopathological concepts to the grounds of human interaction; putting people who are in a process of progressive cognitive deterioration in the centre of life and decision making; demonstrating the relevance of promoting their quality of life however close to death they may be; replacing complaints about the passivity of the powerful with initiative for self-activity; and promoting the scientific value of knowledge which is grounded on intersubjective experience. These issues are relevant to my work today, after two years training professionals in these approaches and on the brink of moving to their specific application.

Development of interview protocols for users and providers of mental health services as a research tool for decision-making practices in Latvia

Karina Konstantinova, Inese Stars, Solvita Olsena

University of Latvia, faculty of medicine, Riga, Latvia

Evidence suggests that service users are rarely involved in decision-making concerning psychiatric care, and service providers may demonstrate excessive authoritarianism. The study aimed to develop three appropriate semi-structured interview protocols for mental health service users and providers as a data collection tool for researching decision-making practices in Latvia. The content of the semi-structured interview protocol was designed by taking into consideration scientific literature and research on a similar topic. Three different protocols were developed for specific groups of research participants. The main thematic areas of the protocol of interview questions are the personal experience of making decisions in psychiatric care, including difficulties, understanding, evaluation, implementation of the concept of the patient's decision-making ability in practice; the role of the patient, support person, and psychiatric professional in the decision-making process; expectations about the desired decision-making process. The empirical data will help to plan and develop patient-oriented health services.

Acknowledgements. The research project "Towards a human rights approach for mental health patients with a limited capacity: A legal, ethical and clinical perspective", No. Izp-2020/1-0397 and "Strengthening of the capacity of doctoral studies at the University of Latvia within the framework of the new doctoral model, No.8.2.2.0/20/1/006".

Towards a theory of patient experiences

Stefan Sjöström

Uppsala University, Sweden

There is a rich body of research that apply qualitative methods to investigate how patients/service users experience mental illness and the treatment and support provided. Although crucial for understanding the life circumstances of people with mental illness, such research often lacks theoretical underpinnings to specify what meaning they ascribe to the notion of 'experience'.

This paper aims to propose theoretical dimensions that can be used to guide and position qualitative studies of patient experiences. This is accomplished by discussing interview data from three projects carried out in different mental health contexts: closed hospital units, supported housing and services for patients under community treatment orders.

The paper will discuss and illustrate problems that arise when analysis is attempted without theoretical awareness of possible theoretical dimensions/aspects of experiences. Researchers then risk ending up with analyses that become naively data-driven and trivial in their results.

The paper will consider possible dimensions relevant for analyzing experiences. One such dimension would be temporality-spatiality-embodiment of experiences. Another dimension regards aspects of evaluation and morality, while a third contains emotional aspects. It is argued that the tentative dimensions discussed are useful both in constructing interview guides, in focusing analyses and also in organizing literature reviews.

Qualitative steps in designing an ISA/Ipseus instrument

Rebeka Jávör, Marta B. Erdos

University of Pécs, Hungary

Identity Structure Analysis (ISA) (Weinreich, 2004) integrates classical theories with narrative and discursive approaches. ISA defines identity as the totality of our constructs on our own selves, with a continuity between past and present experiences and future anticipations. ISA's framework software, Ipeus includes a bipolar rating scale and relies on iterative multi-perspective ratings to measure one's identifications, self-states, and conflicted areas. The discourses in the appraisals are shaped according to participants' key domains of social interactions (entities) and to the themes (constructs), emerging in the interactions. Since its inception, ISA has been used to explore cultural and professional identities, as well as identity changes in clinical settings. Though ISA/Ipeus uses quantified identity parameters, it is customized to respondents' discursive traditions. This ethnographic approach with a strong focus on language requires qualitative methods (e.g., observations, interviews, and a Delphi-method to reach expert consensus, etc.) to define the exact contents of the discourses. In this presentation, we focus on the qualitative steps that we used when designing our Lecturer Identity Instrument. These steps comprised discourse analysis on key strategic documents, autoethnography and a Delphi-method involving cross-cultural comparisons.

ORAL SESSION 13

Time: Friday, 01/Sept/2023: 11:00am - 12:30pm · Location: JANOSSY
Session Chair: Zsófia Székely

Engaging in feminist and liberating practices: Lessons from Palestine.

Federica Cavazzoni¹, Guido Veronese¹, Haneen Ayoub¹, Mona Nofal¹, Rozyan AbuHawila², Cindy Sousa³

¹University of Milano-Bicocca, Italy; ²Gaza Community Mental Health Program, Palestine; ³Bryn Mawr College, USA

The present study aims to explore liberatory feminist practices adopted by women in the West Bank and Gaza Strip within a context of colonial oppression such as that of Palestine. The Israeli occupation is a continuum of coercion and violence that causes physical, mental and social injury and harm. As with all colonial projects, it is rooted in nationalism, white supremacy, religion, and hetero-patriarchy, thereby forging a deep-seated connection between colonial violence and racial and gender oppression. Despite the importance of understanding the interrelated oppressions that shape their lives, contributions in psychology have largely neglected their diverse feminist practices and resistance strategies. Their experiences are often reduced to passive categories and interpretations of internal patriarchy. Therefore, in this study, we aimed to deconstruct these dominant, Anglo-Eurocentric versions that still prevail and explored the meanings, signifiers, and nuances of feminist practices in Palestine. We conducted research conversations (n=30) with feminist activists and women engaged in social justice and women's rights to explore their experiences of resistance and survival amidst ongoing colonization. We sought to explore whether and to what extent being part of the feminist movement provided strength and resources in collectively building paths towards critical consciousness, liberation, and transformation.

Pain, spirit, initiation: women's experiences in alterations of consciousness during childbirth

Zsófia Székely¹, Júlia Barcsák², Eszter Tamási²

¹ELTE, Hungary; ²PPKE, Hungary

In my paper I seek to merge and conclude two parallel qualitative studies about birthing women's experiences. I propose phenomenological and psychoanalytical interpretations of bodily and symbolic experiences of the childbirth process, from the woman's point of view. Childbirth is one of the most intensive experiences for both mother and child. Deep and raw experience of the feminine, the body, the self or intimacy and taboos. It can be interpreted as a possible initiation, a healing and self-healing process also. Our investigations revealed that material and spiritual issues are both present themselves in the scene of birthing.

Findings suggest that the focus of childbirth should not be on alleviating pain, but on strengthening mothers so that they can successfully cope with pain and use it for their own process (Barcsák, Berán, Székely, 2023).

Other results highlight that the childbirth experience is inseparable from spiritual experiences (e.g. faith, search for meaning, connection, and self-transcendence). (Tamási, Urbán, Székely, 2023)

"For women, to give birth and be born, to be mothers and daughters, they need first and foremost their own bodies. ... Creation and creativity are not representations of conception, but of the archaic events of childbirth and being born." (Zsélyi, 2007)

Relationship and sexual expectations as discussed by mothers residing at a temporary shelter: A Thematic Analysis

Anna Alexandrov^{1,2}, Zsuzsa Kaló²

¹Doctoral School of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary; ²Institute of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

The topic of women living in housing poverty is rarely involved in psychological research. We explore the way relationship and sexual expectations may be connected to daily struggles of precarious housing and motherhood.

In Temporary Homes of Families, parents, their children, and possibly other family members receive temporary (a few months long) placement together. Many of these women are leaving abusive relationships while other residents are couples facing sudden homelessness together. Between Fall 2021 and Spring 2022, we organized a weekly women's group at a Temporary Home of Families in Budapest, Hungary. 3-4 women attended most sessions, with a total of 10 adult woman participants involved. Topics included gender roles, romantic relationships, and sexual relationships; participants had the opportunity to influence the choice of topics. Our data set includes 5 transcripts of 40-65 minutes long group discussion recordings, complemented by field notes and visual materials created during group discussions. We use Reflexive Thematic Analysis (RTA; Braun and Clarke, 2006) to gain insight on relationship and sexual expectations discussed by participants. Based on preliminary findings, we expect that feelings of stress and vulnerability induced by housing poverty and institutional circumstances will play a formative role in how participants think about relationships.

Maltese women as students with ADHD in the school system: constructing the self through memory.

Lara Jane Gauci, Greta Darmanin Kissaun

University of Malta, Malta

Attention-deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterised by a complex aetiology and a group of core symptoms: hyperactivity, impulsivity, and inattention. Literature has shown that ADHD affects 3–7% of children worldwide and that its symptoms can persist into adolescence and adulthood. However, an overview of the literature shows that a significant portion of research on ADHD has been restricted to males and that females with ADHD have very little representation. The limited literature on ADHD in females suggests that they experience difficulties in many areas of life, including the academic domain. This study explores how Maltese women with ADHD construct the self as students within the school system. The qualitative research method Memory-Work was used to explore the student recollections of five Maltese women with ADHD aged between twenty-three and thirty-five. The data collection and analyses occurred within a group setting. This research illustrates the significant role of student-teacher relationships in constructing women's selves as students. It broadens the understanding of how interactions, practices, and discourses of Maltese schooling shape the self of female students with ADHD. This study also strengthens the evidence regarding training needs for educational psychologists on gender-specific manifestations of ADHD.

Poster Session & Award

Time: Friday, 01/Sept/2023: 1:30pm - 2:30pm · Location: HARMONY HALL

P01. Living on the edge of distress: experiences of people with age-related macular degeneration navigating the hope-despair continuum

Jamie Enoch, Ahalya Subramanian, Carla Willig

City, University of London, United Kingdom

Age-related macular degeneration (AMD) is a chronic, progressive eye disease that can cause central vision loss among older adults. Previous research suggests that people living with AMD are at higher risk of mental distress, including anxiety and depression, than age-matched controls.

In the present study, we conducted an interpretative phenomenological analysis to explore the experiences of 18 individuals living with AMD.

In this paper, we focus on the experiential phenomenon of finding oneself “on the edge” of despair and distress. For many of the study participants, this involved a sense of currently managing the emotional challenge of living with AMD and “plodding along” through proactive effort; whilst living with the awareness of the potential for catastrophic shifts in the event of additional challenges of further shocks, such as bereavement, or further deterioration of sight in one or both eyes.

Analysis of these accounts suggests a need to move beyond a simple dichotomy classifying individuals with AMD into the psychologically ‘healthy’ and ‘unhealthy’, with participants instead often moving dynamically between feelings of hope and despair. Practically, our results suggest the importance of frontloading psychosocial support, in order to mitigate against despair when shocks arise during the unpredictable course of the condition.

P02. Cultural sensitivity in forensic mental healthcare

Marjolein De Pau, Freya Vander Laenen, Stijn Vandeveld

Ghent University, Belgium

Forensic clients with a migration background are relatively overrepresented in forensic mental healthcare facilities. Yet, scoping review illustrates that cultural sensitivity in forensic mental healthcare delivery is only a recently emerging and still small field of research. However, the Good Lives Model, as a strengths based rehabilitation framework, is suggested to be compatible with culturally diverse worldviews. In this study, we aim to understand (1) how forensic clients with a migration background prioritize and conceptualize the Good Lives conceptions, (2) how their intersectional identity relate to these priorities and conceptualizations, (3) how forensic professionals prioritize and conceptualize the Good Lives conceptions of forensic clients with a migration background, and (4) how forensic professionals try to support forensic clients with a migration background during their reintegration trajectory. Therefore, we use a mixed-method approach in combining participatory observation with semi structured interviews in 7 high, medium and low secure forensic settings with 21 forensic clients and 14 forensic professionals. The analysis method is twofold, using Constructivist Grounded Theory Analysis on the one hand and a deductive analysis of GLMconcepts on the other.

P03. Building bridges between school and adolescents’ mental health: a qualitative research with teachers

Katia Daniele¹, Maria Benedetta Gambacorti Passerini¹, Lucia Zannini²

¹University of Milano – Bicocca, Italy; ²University of Milan, Italy

Covid-19 has made the adolescents’ diffused discomfort more visible. The school is unanimously considered a prominent setting for mental health promotion (MHP) and for taking care of discomfort. Many MHP projects have been implemented in European schools, but they are rarely managed by teachers, who are students’ reference points.

Based on the Interpretive Phenomenological Approach, our qualitative study purposefully involved 16 high school teachers/principals in Lombardy, Italy.

From the analysis of the interviews, which lasted 45-90 minutes, 231 meaning units, 38 categories, and 9 themes emerged, including: “Adolescents’ MHP: Between teachers’ ordinary and extraordinary work at school”.

Most participants see teaching as an occasion for promoting MH, thanks to both participatory teaching methodologies and the learning experience at school. Many recognize in laboratory/experiential activities, inside and outside the classroom, a great MHP potential; MHP outside the classroom is conceived as a synergistic opening towards the community opportunities/events and not just to external experts/projects. Other teachers underline the importance of transforming the school from a place of transition into a space generating relationships and a sense of belonging in the students.

This qualitative research has revealed potential bridges between daily educational work at school and MHP, which are undervalued in Italy.

P04. Reimagining a Sand Trays as a Qualitative Method

Lorien S. Jordan¹, Margie Pemu², Smruthi Chintakunta², Kadesha Treco²

¹University of South Florida, United States of America; ²University of Arkansas, United States of America

Sand tray, a play therapy technique, asks people to metaphorically express how they think about and experience themselves and the world around them. In a sand tray session, clients illustrate a particular experience, belief, or feeling, by selecting miniature toys and figurines. Then, placing the selected figures in a box of sand, clients create microcosms of their worlds to ground healing discussions. As therapists and qualitative methodologists, we believe that sand tray holds promise for qualitative inquiry. In this poster, we describe the methodological process and

participants' responses to a recent narrative inquiry that utilized sand tray as the data generation method. The overarching project unfolded over two months in the spring of 2023, where we met with 24 participants for two interviews each, one in person and one through an online sand tray platform. Merging our reflections and those of the participants with images from the sand trays, we reflect on the successes and challenges experienced. We then share recommendations for inquirers interested in utilizing sand trays. Finally, to conclude, we examine how adapting a therapeutic practice as a research method requires careful attention to our roles as researchers and the ethics of using sand trays in non-clinical settings.

P05. A new method for the discourse analysis: the ALCESTE software. A comparison with interpretative phenomenological analysis

Livia Sani, Yasmine Chemrouk, Marie-Frédérique Bacqué

University of Strasbourg, France

ALCESTE is a software that realizes quantitative analysis of textual data. It evaluates text co-occurrence, i.e. the frequency and position of a word analyzed by Khi2.

Originating in France, it can also be used in several languages.

After finishing the parsing, the program shows groups of different words (classes), grouped according to their co-occurrences, that will then be the object of the thematic analysis conducted by the researcher.

The objective of the following study was to demonstrate the process and scientific validity of ALCESTE and present its utility to an international audience.

To achieve this goal, the results of two independent clinical psychology studies using the same methodology were compared. The two studies concerned perinatal loss and the work of hematology professionals.

Both analyzed semi-structured interviews through Interpretive Phenomenological Analysis and ALCESTE.

The results showed that the themes emerging from both analyzes were the same, confirming the initial hypothesis.

Little used in the international scientific scenario, it is, therefore, possible to conclude that the ALCESTE qualitative analysis has the same validity as other qualitative techniques. Its use can be an important analytical tool and facilitate scientific research work. Further research comparing ALCESTE with other types of qualitative analysis is recommended.

P06. Understanding employee engagement and emotional wellbeing in child exploitation support workers: An interpretative phenomenological analysis

Sarah-Jane Mason, Carrie Childs

University of Derby, United Kingdom

Protecting children from criminal and sexual exploitation is a priority for safeguarding teams across the globe. Supporting children who are at risk of exploitation (CRE) is a demanding role with high staff turnover. Research suggests that compassion fatigue, secondary traumatic stress, burnout, and moral injury contribute to low staff retention. Research has, however, largely failed to explore first-hand accounts of employee engagement and emotional wellbeing of CRE support worker staff. This poster presents an analysis of the experiences of those who work with children who are at risk of CRE. The data set comprises eight semi-structured interviews with staff at a service in Derbyshire, England, that supports children and young people at risk of CRE. The data was analysed using Interpretive Phenomenological Analysis to explore how staff attach meaning to their subjective experiences. Several research questions are posed. How is emotional labour managed? What does wellbeing mean to staff and what strategies do they employ to manage this? How do support workers encourage intervention engagement to improve outcomes for children? The poster outlines the implications of findings for service delivery and recommendations are discussed.

P07. Client early recollections in early and late phases of therapy can help monitor earned security: A qualitative study.

Leonidas Groneberg, Marinos Chatzopoulos, Diamanto Fragkiadaki, Katerina Kourea, Stella Metheniti

Logo Psychis - Training and Research Institute for Systemic Psychotherapy, Greece

The present qualitative study approaches early recollections (ERs) as personal narratives, and as potential tools for monitoring earned security in long term therapy. The study draws from theoretical contributions and previous research on the connection between secure attachment and narratives. Three ERs of 12 clients participating in long-term enriched systemic therapy were collected at earlier and later therapy phases. They were compared vertically and horizontally based on certain dimensions borrowed and adjusted from established attachment measures. Changes in the form and/or content of ER's in early and later phases of therapy provided indications of increased earned security. The findings led researchers to generate a list of qualitative criteria for monitoring. In essence, the list constitutes a coding system for assessing progress based on attachment theory. The usefulness of the criteria should be checked against further qualitative and quantitative studies. Limitations of the study are discussed and clinical uses exemplified.

P08. Voices to be heard: Understanding family perspectives in forensic care trajectories

Sara Rowaert¹, Marjolein De Pau¹, Florian De Meyer¹, Pablo Nicaise², Freya Vander Laenen¹, Wouter Vanderplasschen¹

¹Ghent University, Belgium; ²Catholic University of Louvain, Belgium

De-institutionalization of psychiatric care has greatly increased the role of family members in the recovery pathways of Persons labelled as Not Criminally Responsible (PNCR). Scarce research showed that recovery in both persons with a severe mental illness and family members develop

in parallel with each other and are characterized by similar helpful principles (e.g., hope and coping skills). The aim of this study is to capture how family members experience the care trajectories of their relatives, more specifically by looking at family recovery aspects and personal advocacy of family members. Semi-structured interviews were conducted with 21 family members of PNCr from 14 families. A thematic analysis confirms that family members suffer from stigma and worry significantly about the future of their relative. Regarding the care trajectory of PNCr, family members experienced barriers in multiple domains while trying to support their relative: involvement in care and information sharing, visiting procedures, transitions between wards, and the psychiatric and judicial reporting by professionals. In addition, family members emphasized the importance of (social) support for themselves during the forensic psychiatric care trajectories and of a shared partnership.

P09. Emotional experiences of qualitative researchers studying sensitive topics and/or vulnerable populations

Ciska Wittouck

Ghent University, Belgium

During qualitative fieldwork, researchers engage for a profound and prolonged period of time with their participants, which can be accompanied by emotional difficulties, especially when sensitive topics or vulnerable groups are studied. Awareness and recognition of this emotional impact is growing, but knowledge regarding this impact is fragmentarily disseminated in the literature. A systematic literature review (Wittouck & Herkes, 2019) was conducted to develop a more coherent knowledge base regarding emotional experiences of qualitative researchers studying sensitive topics and/or vulnerable populations. All authors of the included auto-ethnographic studies (n= 82) describe a wide range of difficult, but also positive, emotions before, during and after fieldwork. These emotions are related to the process (e.g. unpredictability) as well as the content (e.g. immersion into subjective experiences of others) of qualitative research. Simultaneously experiencing different emotions leads to a roller coaster effect, and has an impact on the personal, social and professional lives of the qualitative researchers. Although personal growth is sometimes described, researchers also mention exhaustion, problems with physical health and emotional well-being, and burn-out. These findings illustrate the need for attention for emotions in qualitative research on an individual level as well as on an institutional level.

P10. The interpretation of labour pain in birth experiences of women giving birth at home

Júlia Rita Barcsák¹, Eszter Berán¹, Zsófia Székely²

¹Pázmány Péter Katolikus Egyetem, Hungary; ²Eötvös Loránd Tudományegyetem, Hungary

Background: The medical approach to birth views labour pain as a harmful byproduct, which needs to be eased with pharmacological pain killers. Women, who choose to give birth at home, make their decision knowing that they won't have access to pain killers.

Aim: To explore the interpretation and meaning of labour pain among women giving birth at home.

Methods: A qualitative research was conducted using semi – structured interviews, data was analysed using the method of Thematic Analysis.

Results: Seven themes around labour pain were constructed from the interviews. The mothers viewed labour pain as a **meaningful** and **functional**, knowing that feeling the pain during the process of giving birth is helpful, and knowing that it is unseparable from labour, they came to **accept** it. Labour consists of different **stages**, which come with different sensations and experiences. Being familiar with the stages and the system of the contractions makes them **calculable**, which makes the **coping** with the pain easier. Being able to cope with the pain and living through the full experience of labour is **rewarding**.

Conclusion: Women giving birth at home do not view labour pain as something that needs to be eased, their focus shifted to coping with it.

P11. The mystery of birth: Spiritual experiences during labor and delivery: Qualitative research

Eszter Tamási¹, Szabolcs Urbán¹, Zsófia Székely²

¹Pázmány Péter Catholic University, Hungary; ²Eötvös Lóránd University

Childbirth is a complex life event that significantly impacts a woman's life and identity. However, due to the development of medical science, birthing was strongly medicalized, deprived of its specific character. This underscores the importance of providing a platform for women to articulate their perspectives and gaining an understanding of their subjective experiences. The increasing qualitative research on the subject looks at the altered state of consciousness in childbirth as evidence. This qualitative study, using interpretative phenomenological analysis, explores the spiritual experiences of childbirth. Participants (n=6) were selected with an online questionnaire distributed through social media. The study material consisted of semi-structured interviews, which were analyzed using interpretative phenomenological analysis. The results show that the participants experienced altered states of consciousness as spiritual. The main themes include *Changes in attentional focus*, *Alterations of time and space perception*, which lead to the emergence of visual, auditory and synesthetic perception with spiritual content. Additional main theme was *Relationship to the body*, including *unity experiences*, *relationship to pain*, *instinctiveness*. The results highlight the multidimensional, complex, and unique nature of the childbirth experience, which is inseparable from spiritual experiences and other aspects of spirituality, such as faith, search for meaning, connection, and self-transcendence.

P12. Wellbeing in institutes of higher education: the time has come for healing the self and others

Karyn Anne Cooper¹, Robert Earle White²

¹University of Toronto, Canada; ²St. Francis Xavier University

Neoliberalism has succeeded in changing society, world-wide. More and more people struggle or are abandoned due to cultural values, practices and policies that alienate the most vulnerable. Institutes of higher education are significant reproducers of societal values. Consequently, we ask, "Is wellbeing essential to educational administrators?" This presentation explores the importance of having educational leaders develop agency by moving towards a practice of wellbeing. We speak to those in institutes of higher education, who may influence or be influenced by

neoliberal practices, as universities increasingly invite influential business leaders to their boards of governors and as courses become increasingly taught by contract staff. Such changes impact the wellbeing of everyone in higher education and beyond. People have become more fearful and less trusting, not only of governments and institutions, but also of one another and of differing cultures. This is increasingly less healthy and more subject to societal, structural and human flaws. To move beyond these issues, we introduce a conceptual framework that provides a modicum of agency. Individual agency is key in overcoming or mitigating fear, apathy and hopelessness. However, before agency can be established with students, wellbeing must first be established with educators at institutes of higher education.

P13. Mental health impact of COVID-19 on adolescents and their families

Maria Stoimenou

Psychologist / Systemic Study and Training Center of Thessaloniki (Ke.S.Me.Th), Thessaloniki, Greece

The present research focuses on the investigation of the pandemic's effects on the mental health of adolescents and their families. The research questions underline how the pandemic control measures and their consequences affected the mental health and well being of adolescents and their families. The sample of participants in the research process consisted of young adults and their families that used the services of the Community Counseling Centre for Teens and their Families in the Municipality of Thermaikos (Thessaloniki). The method used was semi-structured group and individual interviews. Some of the issues addressed in the research were: how did social distancing and isolation affected adolescents physically and mentally both as individuals and as members of a family, which were the main stress factors and burdens during the COVID-19 situation as experienced by parents.

INV_2: Invited Symposium: Researching hard-to-reach children and their families using a creative methodology

Time: Friday, 01/Sept/2023: 2:45pm - 4:15pm · *Location:* CONFERENCE ROOM

Researching hard-to-reach children and their families using a creative methodology

Chair(s): **Kylie Poppe** (University of Malta), **Angela Abela** (University of Malta)

Discussant(s): **Erminia Colucci** (Middlesex University)

This symposium delves into the creative methodology adopted whilst engaging in a study with families whose young children were expelled from school and placed in an alternative provision due to social, emotional, and mental health difficulties. The complex needs surrounding these families often lead to them being labeled as hard to reach and therefore challenging to engage in research. These challenges and the ethical dilemmas that emerged throughout our study will be explored during this symposium. A literature review on current research with hard-to-reach populations will be provided. We will also explain how observing the participants' behavior amongst themselves and with the researcher, and adopting a reflexive and flexible stance helped build a connection with the participants. The various creative methods which were adopted as part of the Mosaic approach with the children and their parents, separately and together, and how these played a part in the meaning-making process throughout the research journey will be highlighted. Finally, we will explain how the innovative use of a multi-family group session format provided a safe space for an intergenerational encounter allowing for the children's and parents' authentic voices to continue to be heard.

Presentations of the Symposium

Using a creative methodology to engage with hard-to-reach populations in research - the scholarly work so far

Angela Abela
University of Malta

In the first part of the symposium, a literature review on creative methods and why a creative methodology can help to engage hard-to-reach populations in research will be presented.

Presenting the hard-to-reach populations and the difficulties they encounter to be heard

Angela Abela
University of Malta

In the second part, the focus will be on hard-to-reach populations and why their voice often goes unheard in research. The families that took part in the research study will be presented

Working creatively with children and parents independent of each other – the challenges and the resources

Kylie Poppe
University of Malta

In the third part of the symposium, the creative methods used throughout the research study with children as well as with the parents will be presented. Challenges around engagement, communication, and the participation of the children and parents independent of each other

The culmination of the research study – bringing children and parents together in research

Kylie Poppe
University of Malta

In the last part, the creative methods used when the children and parents were together will be highlighted. The introductory meeting with the participants and the multi-family group format session will be presented.

ORAL SESSION 14

Time: Friday, 01/Sept/2023: 2:45pm - 4:15pm · Location: ORTVAY
Session Chair: Ana Teixeira de Melo

Mapping the complexity of case conceptualisations underlying assessments and interventions with multichallenged families with at-risk children

Ana Teixeira de Melo¹, Leticia Renault²

¹Centre for Social Studies, University of Coimbra, Portugal; ²Centre for Social Studies, University of Coimbra, Portugal

The complexity of both the structure and dynamics of the lives of multichallenged families, particularly those living in conditions of social injustice and poverty, demands integrated assessments and interventions grounded in sufficiently complex modes of thinking to guide family support practitioners, in the coupling with the family systems, towards positive outcomes, in conditions of high-risks and uncertainty.

Guided by a theoretical framework for the operationalisation of complex thinking, and a model of the family as a complex system, we developed a qualitative visual method- Complexigraphy- to map the complexity of case conceptualisations produced by practitioners conducting assessments and interventions with multichallenged families with at-risk children. We present preliminary results of a qualitative analysis of the maps of 22 conceptualisations produced by 8 interdisciplinary teams (27 practitioners). We discuss the results highlighting the differences between practitioners with and without previous training in an Integrated Family Assessment and Intervention Model. We elaborate preliminary hypotheses about the relationship between different properties of complex thinking in relation to the complexity of the outcomes (e.g. new, creative, abductive hypotheses guiding effective action). Finally, we point to the potential of the method and these results for the training and supervision of practitioners.

Qualitative methods in exploring the cooperation between medical personnel and parents of adolescents with anorexia nervosa

Antonina Bryniarska¹, Barbara Wojszel², Barbara Józefik¹

¹Laboratory of Psychology and Systemic Psychotherapy, Department of Child and Adolescent Psychiatry, Jagiellonian University Medical College, Cracow, Poland; ²Outpatient Clinic for Child and Adolescent Psychiatry, Department for Child and Adolescent Psychiatry, The University Hospital, Cracow, Poland

Anorexia nervosa (AN) is a mental disorder with the highest death rate and constantly decreasing the average age of patients, which in the most severe cases needs to be treated in a stationary model. During the inpatient treatment of a child with AN, parents are emotionally burdened and, at the same time, responsible for making key medical decisions. Parental experiences, reactions and struggles have not been described in a qualitative approach in this specific context, nor were staff interventions. This research aimed to identify the role of cooperation between medical personnel and the parents of young adolescent patients with AN in stationary treatment. The medical documentation (mostly therapists' records) of 36 patients under 14 years old was analysed using Consensual Qualitative Research methodology. Both the reactions of parents and the interventions of medical personnel were described. Qualitative analysis allowed two parent groups to be distinguished: those cooperating with medical personnel and those perceived as struggling with collaboration. The analysis of parents' and personnel's actions was provided for a whole group, but also the comparison between groups was conducted. The quality of cooperation resulted to be an important factor influencing the patients' symptomatology.

„Lost in space and time” – exploring fathers' experiences on preterm birth

Marta B. Erdos¹, Dóra Monostori²

¹University of Pécs, Hungary; ²University of Szeged

Becoming a parent is a deep identity transformation. Preterm birth, affecting about ten percent of the families, may provoke a deep crisis within the family. Worries about potential further complications are also present. Mothers' experiences have been studied extensively, but exploring fathers' birth-related experiences is a recent theme, although father-infant bonding has a key role in the child's emotional development. This study is a secondary analysis (Interpretative Phenomenological Analysis) of 10 interviews with preterm babies' fathers about their experiences. Themes included the recognition of unexpected and immense, often life-threatening risks (between life and death in a liminal space), helplessness/loss of control, attempts to distance positive emotions (“did not even dare to love this child or feel anything”), seeing the baby as most fragile and vulnerable, supported by the equipment in the neonatal intensive care unit (NICU), and unexpected changes in daily life. Meaning making attempts also involved searching for the causes of preterm birth and seeking the ways to help babies in their struggle for life. Most NICUs have introduced alternative practices to alleviate the effects of isolation, stress, and anxiety, but crisis intervention or counselling opportunities are missing.

Canadian Mental Health Systems of Care: An interpretative phenomenological analysis of Parents' Perspectives on Youth Suicide

Toula Kourgiantakis², Eunjung Lee¹

¹University of Toronto, Canada; ²University of Toronto, Canada

Suicide is the second leading cause of death for Canadian youth. Most youth who die by suicide have at least one mental health concern and half of them visited emergency in the year preceding their death with increased risks partly because of the lack of continuity in mental health care. This study aims to examine how parents whose youth died by suicide describe systems of care that engaged with their youth prior to the suicide to improve service access, quality of mental health care, and reduce the rates of suicide in youth. Using an interpretative phenomenological analysis, we interviewed 13 parents whose youth under 26 died by suicide in the last 5 years. The following themes emerged from parent statements: youths' voices often unheard in mental health and school systems due to stigma and biases of mental health concerns not as a health matter, but bad youth behaviour or a parenting problem; and/or racism and rigid gender norms. Across the participants, suicidal youth are often described as too low risk for hospital and too high risk for community agencies, and the participants raised concerns about consent and privacy laws excluding caregivers who are usually the most important source of support.

ORAL SESSION 15

Time: Friday, 01/Sept/2023: 2:45pm - 4:15pm · Location: GROH
Session Chair: Magnus Mfoafo-M'Carthy

Cultural adaptation of therapeutic interventions – using a multidimensional ecosystemic comparative approach in family therapy research

Bernhild Pfautsch

Tabor Protestant University of Applied Sciences, Germany

For the culture-sensitive further development of a tertiary education in systemic family therapy in Cambodia, a qualitative sequential triangulation study with expert interviews and group discussions was carried out in the Southeast Asian country with local and international mental health professionals.

The research project was committed to the approach of decolonial research, which assumes that Western research ideology goes hand in hand with certain values, biases and practices that influence knowledge production and have been influenced by it. Therefore, a bottom-up approach was preferred, which has its reference in the present cultural context and aims to support local knowledge production. Therefore, following a multidimensional comparative approach, the relevant fields of reference for family therapy in Cambodia were explored and evaluated using a qualitative content analysis method. For the socio-scientific interpretation of intercultural data, the participation of culture-familiar co-interpreters is required, as was done by a Cambodian colleague to check the intercoder agreement. Following the sequential design of the study, relevant aspects from the interview results were used as impulse questions for the group discussions. The results refer to explicit cultural aspects for a Cambodian family therapy and implications for the conception of corresponding trainings.

Conducting impactful qualitative research: Using Structured Interview Matrix (SIM) methodology as tool for building social connections among new immigrants in Southern Ontario, Canada

Festus Moasun², Magnus Mfoafo-M'Carthy¹, Jeff Grischow¹

¹Wilfrid Laurier University, Canada; ²University of Regina

In Participatory Action Research (PAR), research is used as a medium to engender community action that addresses injustices and promote openness and inclusivity. Despite these advantages, PAR can be time consuming and energy sapping as it requires participants' involvement from the conceptualization to data analyses and reporting. The fast-moving pace of life in current society makes it difficult for researchers to recruit and maintain participants over a long period. Recognizing the advantages of PAR in community-based research but faced with the potential challenges of recruiting and maintaining research participants in cities of Southern Ontario in Canada, we employed the Structured Interview Matrix (SIM) in our study to explore the psychosocial wellbeing of newcomers to the study areas in the midst of COVID-19. SIM combines features of PAR and FGD to collect and analyze data. Participants are involved in the framing of research questions, interviewing and preliminary analyses of data. SIM is essentially a rapid form of PAR that takes between four to five hours to conduct. In this presentation, we discuss our process and how it was employed as a tool to build social connections among new immigrants from diverse geographical areas of the world in the face of COVID-19.

Mixed-method research to develop Suicide First Aid Guidelines for LMICs and migrant and refugee populations

Erminia Colucci

Middlesex University, United Kingdom

This presentation will provide an overview of the Suicide First Aid Guidelines I have developed in collaboration with various teams in six Asian countries and for people from migrant and refugee backgrounds, reflecting on the evolution of the mixed-method approach used from the first study carried out 15 years ago to the current methodology. It will then focus on the guidelines developed for community-based suicide prevention for refugee populations and provide the outcomes of an evaluation of an online gatekeepers training offered to humanitarian workers dealing with Internally Displaced children in Syria and conclude with preliminary findings from the currently under development Suicide First Aid Guidelines for Pakistan.

The need to develop suicide prevention strategies and tools through culturally-sensitive and contextually-responsive methodologies will be emphasized and exemplified during the presentation.

Torture sequelae in therapeutic space – a professional challenge in working with refugees

Veronika Wolf

Protestant University of Applied Science Bochum, Germany

Not just since the recent peak of global flight movements in the mid-2010s, professionals in psychosocial work in Europe are required to work with psychologically distressed refugees who have experienced torture and severe violence in their countries of origin and on the flight routes. While there is an everyday professional practice most notably in specialized treatment centers, there has been only few empirical research on the difficulties related to torture experiences of clients in professional work. Most of the literature consists of testimonies and case vignettes. In

one of the few empirical studies on emotional reactions and challenges in therapy with Holocaust survivors Danieli (1988) describes therapists' defensiveness, guilt, anger, shame, threat and an inability to bear the intense feelings.

How do today's professionals experience their professional interactions with torture survivors? How do they deal with torture-related professional challenges?

Narrative interviews focusing on the professional interaction according to Riemann (2000) with psychotherapists and social workers who work with clients who have experienced torture offer suitable material for examining the concrete professional action.

A reflexive grounded theory analysis (Breuer et al. 2019) is conducted with the interview material. At the conference first insights into the material will be presented.

ORAL SESSION 16

Time: Friday, 01/Sept/2023: 2:45pm - 4:15pm · Location: BRUCKNER
Session Chair: Felix Diaz

The Connection- versus Outcome-orientation Model of Sexual Experiences (COMOS): Expert interviews as a basis for model and questionnaire development

Katharina Weitkamp, Anna-Lisa Nemati

University of Zurich, Switzerland

The sheer diversity and complexity of sexuality are often inadequately considered in existing scientific definitions and concepts. We aimed to develop a more encompassing understanding of the characteristics and multifaceted nature of sexuality. In a qualitative interview study, we interviewed ten experts in the field of (women's) sexuality from various backgrounds. Data were analyzed using Thematic Analysis. The experts gave rich accounts of their understanding beyond the current notion of sexual functioning. Women's sexuality was generally described as a multidimensional phenomenon. The intensity of its experience seems to be linked to the ability to create mindful contact with oneself, with one's partner, and the rest of the world. Based on these expert insights, we developed the Connection- versus Outcome-orientation Model of Sexual Experiences (COMOS). This model contrasts with the apparent societal and medical focus on goal orientation with regard to sexuality, which favors mindfulness in the perception of sensuality, emotions and in the interaction with a partner. The COMOS is not restricted to a single gender identity but may be used for women's and men's sexual experiences alike. Recently, we developed and validated a questionnaire (COMOS-Q), based on the COMOS, to further the integration of connection-oriented sexuality into research and clinical practice.

How does the therapeutic system use the impulses of the Reflecting Team in the further course of couple therapy? An explorative study.

Kristin Hoffmann, Maria Borcsa

Nordhausen University of Applied Sciences, Germany

The study explores how the therapeutic system (clients and co-therapists) of a systemic couple therapy uses the impulses of the Reflecting Team, formed by the co-therapists and performed at the end of each session. This therapy process investigation is part of the naturalistic research project Relational Mind in Events of Change in Multiactor Theapeutic Dialogues, studying interaction and meaning construction in couple therapy sessions. Data from video-recorded systemic couple therapy with seven sessions is analyzed using qualitative content analysis.

The results of the study show that impulses of the Reflecting Team are continuously used in the further course of the therapy. Perceptions, reflections and suggestions as well as keywords and metaphors of the Reflecting Team are related to more abstract topics of "building trust", "clarifying concerns and assignments", "summarizing information and structures of the system", and "welcoming and accompanying change". Overall, impulses of the Reflecting Team influence the arrangement of therapy sessions, can support the therapeutic conversation and thus emphasize the potential of the Reflecting Team in systemic couple therapy.

Dissemination of contextual behavioral science in low and middle income countries: A thematic analysis

Valeriya Sotnikova, Felix Diaz

American University in Bulgaria, Bulgaria

Contextual Behavioral Science (CBS) is a system of philosophical assumptions and scientific values encompassing psychotherapies which develop from behaviorism, with a common sensitivity to historical and cultural context (e.g., Acceptance Commitment Therapy or Relational Frame Theory). CBS is gradually disseminating in Low-and-Middle Income Countries (LMIC).

Our research aims to identify the main strategies and obstacles in the dissemination of CBS. We conducted 16 interviews with professionals from eleven LMIC countries in Africa, Latin America, Asia, and Europe where the dissemination of CBS is taking place. The data include approximately 16 hours of interviews, which were transcribed into about 100,000 words. Our thematic analysis of the transcripts relied on the Qualitative Software tool MaxQDA.

The findings reveal that the main strategies for the dissemination of CBS are: public events, training university students, dissemination in social media, and program evaluation research. The main obstacles to CBS dissemination are lack of financial support, language barriers and regulations and certification related to psychologists and psychiatrists.

The results suggest that context sensitivity and appropriateness are vital factors in the successful dissemination of CBS. Further research is needed to explore these findings in other countries and among a larger sample of participants.

**Using meta-ethnography collaboratively to synthesize knowledge about recovery from coercion in mental health care:
Reflections and recommendations**

**Lene Berring¹, Eugenie Georgaca², Sophie Hirsch³, Hulia Bilgin⁴, Burcu Kömürçü Akik⁵, Merve Aydın⁶, Evi Verbeke⁷, Gino Maria Galeazzi⁸,
Stijn Vanheule⁷, Davide Bertino⁸**

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⁶Mental Health and Psychiatric Nursing Department. Karadeniz Technical University, Turkey.;

⁷Department of Psychoanalysis and Clinical Consulting, University of Ghent, Belgium.; ⁸Department of Biomedical, Metabolic, and Neural Science, University of Modena and Reggio Emilia, Italy

Successful initiatives to move away from coercion in mental health care require transformational organisational changes informed by research. However, research within this area is limited and fragmented, and there is lack of knowledge about the processes underlying the use of coercive measures. Being subjected to coercive measures, such as seclusion and restraint, is intrusive and can lead to negative psychological consequences for all involved. This study was conducted by a multi-national transdisciplinary team of mental health professionals and researchers, as part of the FOSTREN (Fostering and Strengthening Approaches to Reducing Coercion in European Mental Health Services) COST Initiative. A systematic review and meta-ethnography was used to synthesize findings from qualitative studies that examined service users', staff' and relatives' experiences of recovery from being exposed to coercive measures in mental health care settings. In this presentation we will describe the process of designing and conducting the meta-ethnographic research. We will discuss the challenges of doing meta-ethnography in this emerging field in a collaborative way across professions and countries. Finally, we will point to the contribution of this mode of research for progressive mental health care and we will formulate recommendations for good research practices.

ORAL SESSION 17

Time: Friday, 01/Sept/2023: 2:45pm - 4:15pm · Location: JANOSSY

Session Chair: Ottomar Bahrs

Session Chair: Kata Dóra Kiss

The body as a mediator

Ottomar Bahrs

Dachverband Salutogenese e.V., Germany

The paper addresses the relationship between person-centredness and meaning-making, referring to anthropological medicine and salutogenesis. Based on a video-documented conversation between a GP and his patient suffering from chronic pain, it is illustrated how negotiating health goals goes beyond the patient's mere non-illness and positive health but implicitly touches the practitioner's concerns and (life) goals: Balint talked of a struggle between doctors and patients about values and (life) goals. Both are involved in "mutual missionary work". "Shared decision-making" must be preceded by mutual understanding.

However, many people are unaware of their (implicit) life goals, which may be "represented" by physical expression. Here "the body as a mediator" (von Weizsäcker) might come into play, and it could, in turn, be linked back to the concept of salutogenesis. This raises as follow-up questions how the "sense FOR coherence" (Lindström) can be strengthened and how person-centred medicine can consider the physician as a subject and his biographically based subjective theories of health and illness.

The presentation is based on exemplary sequence analyses according to the method of structural hermeneutics. In addition, an overall shape of professional interactional patterns is presented, which results from the evaluation with the semi-interpretative rating procedure for solution-oriented interventions.

Let's talk about empathy in mental health's first-line psychological help: in depth qualitative study

Jennifer Denis, Gregory Ruidant

University of Mons, Belgium

Professionals working in first-line's psychological help services are highly exposed to stress and various psychopathological disorders such as anxiety, post-traumatic stress, or burnout.

The physical and mental investment mobilized in their interventions can impact their capacity to welcome and empathize with their patients. However, listening, and empathic posture represent essential facets for welcoming requests on the first-line's psychological help, creating a positive therapeutic alliance and ensuring continuity of care.

This research analyzes in depth the way in which empathic capacities, are or are not, put in place during contact with the patient. Using an in-depth qualitative analysis technique called "Explicitation Interview" developed by Pierre Vermersch, we explored how practitioners (8) working in an emergency hotline mobilized their empathy in a context of they are not directly in front of a patient. We decomposed, moment-to-moment, the lived experience of these workers to better understand how their empathic capacities operate in a context of first-line's psychological help like a hotline service. In our communication, we will propose a model illustrating the emerged theorization with the facilitating and constraining ingredients of the emergence of empathy in this kind of professional context. We also suggest some recommendations regarding the training for the first-line professionals.

Uncovering the complexities of Hungarian psychology education: A qualitative inquiry of student views

Kata Dóra Kiss, Márta Csabai

University of Pécs, Hungary

The presented doctoral research utilizes qualitative methods to explore complex socio-cultural structures in Hungarian psychology education by relying on international critical psychology literature. The study examines the curriculum's impact on students' education, training, and employment prospects. Emphasis is placed on graduates' subjective opinions and experiences.

The methodology includes discourse analysis and 4 focus group interviews with 21 participants to assess graduates' experiences, employing Interpretative Phenomenological Analysis (IPA), an exploratory qualitative method in psychology.

Findings reveal historical and cultural aspects of Hungarian psychology, affected by institutional politics and funding schemes. By aligning these findings with international critical psychology literature, this transdisciplinary study addresses discipline-wide issues and underscores the relationship between official paradigms and practical applications in psychology. The study contributes to the evidence base for qualitative methods in exploring intricate socio-cultural factors affecting psychological education and practice, ultimately enhancing the understanding of the field's development and future trajectory.

The paradox of well-being in sustainable agriculture from a mental health perspective

Ilona Liliána Birtalan^{1,2,3}, Imre Fertő^{4,5}, Ágnes Neulinger⁶, József Rácz^{2,7}, Attila Oláh²

¹Doctoral School of Psychology, ELTE Eötvös Loránd University; ²Institute of Psychology, ELTE Eötvös Loránd University; ³Health Promotion and Sport Sciences, ELTE Eötvös Loránd University; ⁴Institute of Economics, Centre for Economic and Regional Studies, Hungarian Academy of Sciences; ⁵Hungarian Agricultural and Life Science University, Kaposvár Campus; ⁶Department of Marketing and Tourism, University of Pécs; ⁷Faculty of Health Sciences, Semmelweis University

International research has long pointed to the high suicide rate and poor mental health of farm workers. According to the literature, the work of farmers is associated with a number of operational difficulties. The majority of conventional farming problems can be addressed by the new modes of consumer-producer relatedness.

Semi-structured, face-to-face interviews with community-supported agriculture (CSA) farmers from Hungary were conducted, and interpretative phenomenological analysis was used to explore the community determinants of farmers' work and the mental health challenges associated with local sustainable agriculture.

Our results show alternative market channels create novel situations and problems. Three main themes emerged from the interview data: Conflicted autonomy, The pressure of boxes, and Social overload.

The difficulties for CSA farmers seem to arise precisely in the alternative market channel: the operating conditions require several different farmer roles, which may even be contradictory with each other.

This paper explores the health and wellbeing cost of sustainable farming. Newer types of producer-consumer relationships require time and experience, extra effort or new skills, but farmers often do not possess these skills which can lead to mental health issues.

KEYNOTE_3: Eleftheria Tseliou

Time: Friday, 01/Sept/2023: 4:45pm - 5:45pm · Location: CONFERENCE ROOM

Session Chair: Maria Borcsa

Knowing in context: The contribution of discursive research methodologies to living with uncertainty in mental health clinical practice

Eleftheria Tseliou

University of Thessaly, Greece

Inspired by the conference theme, in this talk I will argue that research employing qualitative, discursive methodologies adopting a social epistemology approach can contribute to living with uncertainty in mental health clinical practice from a perspective of *knowing in context*. With regard to scientific knowledge, post-modern epistemological approaches and related methodologies have celebrated uncertainty, suggesting that we can reach no single, certain or absolute knowledge/truth about phenomena, including mental health clinical practice. Similarly, systemic, dialogic and collaborative approaches to psychotherapy have celebrated the tolerance of uncertainty, regarding the understanding and treatment of mental distress. On the other hand, societal challenges, like contemporary multi-faceted crises and related inequalities or global health threats like the COVID-19 pandemic remind us of the broader societal, ideological and political context of clinical practice, and flag the need for knowledge certainties to cope with fluidity and change. In my talk, I will start with an illustration of key features of discursive research methodologies, that is of methodologies espousing a contextualized view of language use, highlighting its performative and intersubjective aspects. I will discuss the employment of such methodologies in mental health clinical practice research, focusing on their strengths and limitations. I will then share examples from research projects, where I have engaged with methodologies like critical discursive psychology, conversation analysis or qualitative meta-synthesis, focusing on the study of discursive processes in systemic and constructionist psychotherapeutic approaches and on the study of how power intersects with clinical practice and psychotherapeutic dialogue. While doing so, I will share reflections on how putting to the fore (discursive) research as a means to construct *knowledge in context* could facilitate a “both/and” approach to uncertainty in clinical practice, that is an approach which celebrates an alternation between reaching and questioning certainties. I will argue that discursive methodologies adopting a social epistemology perspective, that is, a perspective situating knowledge construction within social context, could play a role to undertaking such a “living with uncertainty” approach in mental health clinical practice.

SYMP_7: Multifamily therapy in community mental health services

Time: Saturday, 02/Sept/2023: 9:00am - 10:30am · Location: CONFERENCE ROOM

Multifamily therapy in community mental health services

Chair(s): **Gilbert Lemmens** (Department of Head and Skin – Psychiatry, Ghent University, Ghent, Belgium)

Multifamily group therapy seems to be a promising and cost-saving modality of therapeutic collaboration with patients presenting a wide range of mental health disorders and their families. Multifamily groups can be easily implemented in community services, offering a context of support, exchange and sharing, while combating social isolation. The Symposium focuses on research, organizational and clinical aspects. that emerged from experiences of systemic multifamily group therapy embedded in mental health services across three different European countries.

Presentations of the Symposium

Family support groups for family members of mentally ill offenders: Family expectations and treatment experiences

Sara Rowaert¹, Stijn Vandevelde¹, Kurt Audenaert², Gilbert Lemmens²

¹Department of Special Needs Education, Ghent University, ²Department of Head and Skin – Psychiatry, Ghent University

This study investigates family treatment expectations and experiences of Family Support Groups (FSGs) for family members of mentally ill offenders. Family members were interviewed before (n = 20) and after (n = 17) attending an FSG. Results show that family members hesitated or were curious about the FSG, expected to receive peer support and universality of problems, to receive information and advice and thought about the safety and respect of the group. Family members experienced the treatment as helpful because it was supportive, they gained new insights and they felt relieved and satisfied. Many family members see the guidance of the therapists and the differences in family and gender roles as an added value of attending an FSG. However, considering the limitations of the study, future studies should gain insight in and stress the importance of the meaning of therapeutic processes for family members confronted with different psychiatric disorders and/or situations.

Athens multifamily group therapy project (A- MFGT) after a first psychotic episode

Mirjana Selakovic¹, Afrodite Zartaloudi², Dimitris Galanis³, Dionysia Koutsi⁴, Valeria Pomini⁵

¹Department of Psychiatry - "Sismanoglio" General Hospital, Athens, Greece, ²Department of Nursing, University of West Attica, Athens, Greece, ³EPAPSY, Athens, Greece, ⁴School of Psychology, University of Ioannina, Greece, ⁵Mariavaleria Pomini

The Athens Multifamily Group Therapy Project (A- MFGT) aims to provide systemic multifamily therapy to youths who experienced a first psychotic episode and their families. Seven groups of families have been conducted from 2017 to the present. Since March 2020, therapy is delivered online, through a videoconference platform. Few evidence is available regarding the viability of multifamily systemic therapy in an online setting, despite a new culture of the use of ICTs has widely developed in e-mental health care during and after the Covid-19 pandemic. The presentation aims to describe the main themes collected as feedback from family members who participated to online multifamily systemic therapy program, after the first psychotic episode presented by one of their adult children. More specifically, their experiences related to the specificities of the online setting will be highlighted.

Multifamily group therapy in a NHS mental health service

Lucy Hickey, Maeve Malley, Fernitta Osei-Mensah

Greenwich Adult Mental Health Services, Oxleas NHS Foundation Trust, London, UK

The NHS Mental Health Implementation Plan 2019/20-23/24, is aimed at promoting less 'medicalised' routes for people experiencing difficulties into a wider range of support. The Hub in Greenwich, SE London, is a new initiative sitting between Primary (GP level) and Secondary (Specialist Community Mental Health) services. It is a partnership between NHS and Third Sector organisations, providing an intake service for referrals from GP's and, in the future, from organisations and individuals themselves. Since it is a new, relatively radical initiative, it provides an opportunity to embed systemic thinking from the outset, from a new assessment tool (DIALOG+) to routinely assessing clients with significant others and providing multi-family groups as part of the group-work provision. We know that multifamily groups are a proven context where clients of mental health services and their significant others can skills-share and learn new routes to solving old dilemmas. However, multifamily groups - where all protagonists are equal partners in elucidating dilemmas and generating solutions, may require a shift in thinking and practice for clinicians, clients and significant others. This presentation documents the process of working with new clinicians in a new organisation introducing a new model and discusses the dilemmas and rewards.

ORAL SESSION 18

Time: Saturday, 02/Sept/2023: 9:00am - 10:30am · Location: ORTVAY
Session Chair: Anne Krayer

Insight into the state of mental health of social sector workers in Hungary

Katalin Galambos¹, Péter Juhász^{1,2}, Szilvia Ádám^{1,2}, Éva Bódy^{1,2}, Tímea Seres-Pittlik^{1,2}

¹Institute of Advanced Studies (iASK), Kőszeg, Hungary; ²Semmelweis University, Health Services Management Training Centre, Budapest, Hungary

The challenges of recent years (pandemic, refugee situation) have put a heavy strain on social workers. Maintaining and improving mental health of social workers is not only important for clients, but also a public health priority. The members of the research team performed a qualitative analysis of 37 project papers (2018-2022) on mental health written in the Management Training Programme of Semmelweis University.

The secondary analysis was carried out along the following criteria: a.) how the leader identified the causes and consequences of burnout and b.) what interventions were planned or implemented.

In the projects head of social organisations concluded that the causes of mental health deterioration and burnout among workers' were the consequences of systemic challenges, such as changes in the characteristics of the target group, the increasing lack of qualified staff, the physical and mental overload, the lack of acknowledgement of professional work and the lack of competence and procedures.

The presentation describes the interventions designed at individual and organisational level to help organisations improve the mental health of employees. Study shows that levels of burnout need to be reduced not only through targeted interventions, but also through organisational and sectoral support.

Perceptions of hospital staff on suicide and self-harm in South Asia

Anne Krayer¹, Sudeep PK²

¹Bangor University, United Kingdom; ²JSS Medical College, Mysore, India

Suicide and self-harm are major issues in low- and middle-income countries (LMICs), where 77% of global suicides occur (WHO). Only recently has suicide been decriminalised in India and Pakistan. There is a lack of understanding how hospital staff interpret and make sense of self-harm and suicide. This is important as their attitudes and opinions are likely to have an impact on treatment and follow-up.

Hospital staff were recruited in three hospitals, where we conducted 29 interviews in English, ranging from 20 to 180 minutes. Interviews focused on experiences with self-harm patients, reasons for self-harm and suicide, reactions of others (family, society, etc.) and support needs. Participants included a wide range of staff including nurses, emergency staff, psychiatrists, psychologists, and medico-legal officers. Interviews were conducted by local researchers. Transcripts and notes were analysed using a codebook approach to thematic analysis (Bazeley, 2013).

We are currently analysing the data and will present findings at the conference. Initial analysis suggest that socio-cultural, legal and economic factors need to be considered when aiming to develop prevention and treatment programmes. A focus on attitudes of health professionals, who have a key role when working with self-harm patients and their families is essential.

How do people recover from being exposed to coercion in mental health services? Reporting on the findings of a meta-ethnography

Eugenie Georgaca¹, Sophie Hirsch², Davide Bertani³, Hülya Bilgin⁴, Burcu Kömürçü Akik⁵, Merve Aydın⁶, Evi Verbeke⁷, Gian Maria Galeazzi³, Stijn Vanheule⁷, Lene Lauge Berring⁸

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Being exposed to coercive measures in mental health services can have a negative impact on all involved. Until use of coercion is eliminated, it is important to understand how the experience can be processed so that its consequences are managed. Meta-ethnography was used to synthesize findings from qualitative studies that examined service users', staff' and relatives' experiences of recovery from being exposed to coercive measures in mental health care settings. We identified, extracted and synthesized, across 23 studies, the processes and factors that seemed significant to process the experience of coercion. Recovery from coercion is dependent on a complex set of conditions that supports a personal feeling of dignity and respect, a feeling of safety and empowerment. Being in a facilitating environment, receiving appropriate information and having consistent reciprocal communication with staff are important. Patients employ strategies for managing coercion, both during and after the coercive event. The findings point to the importance of mental health care settings offering recovery-oriented environments and professionals employing recovery-oriented practices, that would empower service users to develop strategies for managing their mental distress as well as their experiences in mental health care in a way that minimizes traumatization and fosters their recovery.

Discourse of depression-related sick leaves in patient's narratives and in online press articles

Magdalena Witkowicz

Uniwersytet Wrocławski, Poland

Sick leave caused by depression has become significantly more common during and post the COVID-19 pandemic, as reported by Polish newspapers. This study examines the narratives of individuals who have taken at least 30-day long sick leave due to depression and contextualises these narratives within the media discourse. It takes a social constructionist perspective and uses textually-oriented Critical Discourse Studies.

The Polish press predominantly frames depression sick leave as an economic issue, often placing it in financial and business sections of newspapers. Moreover, the credibility of mental health sick leave is undermined by describing it as an easy way to avoid difficult work-related situations. In contrast, preliminary results from semi-structured interviews suggest that patients' depict sick leave as a necessary period of rest and recovery, allowing them to regroup and reflect. However, these individuals note the negative social perception of long-term sick leave.

This study highlights the importance of exploring the social context of illness and the relation between media discourse and individuals' experiences. By examining patient narratives and contextualizing them within the broader media discourse, we can gain a deeper understanding of the complexities surrounding mental health and sick leave.

ORAL SESSION 19

Time: Saturday, 02/Sept/2023: 9:00am - 10:30am · Location: GROH
Session Chair: Ferenc dr.Császár

Early recovery from novel psychoactive use dependence

Ferenc Császár^{1,2}, Márta dr.B.Erdős³, Rebeka dr.Jávor³

¹Szigetvár Hospital, Department of Psychiatric Rehabilitation, Hungary; ²University of Pécs, Doctoral School of Neurosciences, Hungary;

³University of Pécs, Faculty of Humanities and Social Sciences, Department of Community and Social Studies

Novel psychoactive substance (NPS) use has been challenging the treatment systems globally, and few studies are available on recovery processes. This study utilized an initial sample of 77 NPS users. Foley Life Interview was conducted at the beginning of the treatment and a year later. In this study, we focus on the changes in ten respondents' high, nadir and turning point episodes. The respondents were NPS and polydrug users, received treatment in a therapeutic community (TC) and are abstinent. The information power of this sample is strong (narrow research aim, highly specific sample, a combination of deductive and inductive directions and strong dialogue). We used Narrative Oriented Inquiry, focussing on the themes/events and the narrative mode. The first episodes were mostly characterized by substance-related losses, concurrently seeing use as the best in life, chaos, distancing, denial, and an impoverished social milieu. A year later, respondents learned to use TCs' cultural stock of stories. Many interviewees identified entering the TC and commitments to sobriety as high points/turning points. They openly expressed their emotions related to previous traumas. Changes involved a more reflective and responsible attitude (self-care/caring about others), and the broadening of a healing social network.

Post-legalization of recreational cannabis use: Perspectives of Canadian youth, parents, and service providers

Toula Kourgiantakis², Eunjung Lee¹

¹University of Toronto, Canada; ²University of Toronto, Canada

Canada has one of the highest rates of cannabis use worldwide and it is highest among youth. In 2018, Canada legalized recreational cannabis use with aims of protecting youth, restricting access, and reducing criminalization of BIPOC youth. As a 5-year mark, we wondered if the legalization has achieved these aims by exploring how youth, parents, and service providers perceive youth cannabis use in Canada since legalization. This qualitative study used community-based participatory research in partnership with Families for Addiction Recovery founded by parents of youth with addiction concerns. An individual interview with 88 participants (n=31 youth, n=26 parents, n=31 service providers) led to the following themes: (1) concerns about risks and harms of youth cannabis use, of minimized, (2) stigma has reduced, but not for youth of equity deserving groups, (3) youth are using cannabis to cope with mental health concerns, (4) public education on youth cannabis use is minimal, (5) service providers lack training and education, (6) inequitable access to mental health and addiction services, (7) cannabis use is not screened or addressed by most service providers, (8) parents are often excluded from treatment, and (9) there is a need for youth-centred harm reduction strategies for cannabis use.

'Chicks Day' for women who inject drugs: Reflections on participatory visual methods research

Camille Stengel

Nesta, United Kingdom

'Chicks Day' refers to the name of the only women-exclusive needle and syringe exchange programme in Budapest, Hungary, which ran once-weekly services from 2010 to 2014 on top of other harm reduction services open to people of all genders. The research discussed in this presentation took place during the final ten months of the harm reduction centre being open. The main objective of the research was to understand both clients and workers understandings of 'harm' and 'harm reduction' through the use of participatory action research and creative methods. The methodological approach of photovoice was used by way of researcher-led photovoice training workshops, participant-generated images, individual photo elicitation interviews, and group photo elicitation focus groups, as well as ethnographic observation. As photovoice is situated within participatory action research, the action-based output from this research came in the form of a public photo exhibition and fundraiser for Chicks Day. This presentation considers researcher reflexivity and the ethical challenges of employing participatory methods with the vulnerable populations. As well, this presentation critically discusses the power dynamics of research, and whether the claim to redress power imbalances or 'give voice' to such imbalances through the use of photovoice is justified.

The everyday life of people living in the most disadvantaged areas

Tünde Szabó¹, Éva Huszti²

¹Eötvös Loránd University, Hungary; ²University of Debrecen, Department of Sociology and Social Policy

The presentation will examine the social aspects of security for families living in extreme poverty during the Covid-19. Using a qualitative method, we will analyse the relationship between the macro and micro social dimensions of security, and the relationships between the micro dimensions. The latter dimensions are described with a focus on the labour market situation of families, their mental health situation and their educational situation.

In the first phase of the study, social problems were collected on the basis of interviews with experts. In the second phase, 50 disadvantaged people were interviewed individually.

In general, it can be concluded that the daily life of people living in disadvantaged areas has been further affected by the pandemic. The labour market situation has changed and, in this context, the financial situation of the interviewees has further deteriorated. Single-parent families were particularly affected by these problems. The reduction in social life has led to an increase in domestic violence. In some areas, the number of births in disadvantaged families has increased, especially among minors. In fact, the epidemic has brought to the surface the problems that disadvantaged people face on a daily basis: unemployment and deprivation, compounded by educational underachievement.

ORAL SESSION 20

Time: Saturday, 02/Sept/2023: 9:00am - 10:30am · Location: BRUCKNER
Session Chair: Livia Sani

Stress Management in the Practice and Training of Performing Arts

Ildikó Gaál

Hungarian Dance University, Hungary

Stress Management in Performing Arts

Ildikó Gaál (DLA)

The presence of stage-related fears and anxieties can adversely affect artistic performance. This struggle is supported via the interiorization of stress management methods and techniques specifically related to the stage.

I developed a dedicated training programme for managing stress for student musicians. Later I developed a professional course for artist teachers, through which the treatment of stage-related anxiety can be included in talent management. Thank to these courses it became possible to prepare students for an appropriate artistic performance on stage.

It is worthwhile to teach stress management techniques at an early age. I apply this training, which strengthens performing artist performance both at the Hungarian University of Dance and at the University of Theatre and Film Arts. This mental health attitude could be made part of everyday life on the long run, including regular practice of stress management techniques. This way the student would be able to arrive at the often-stressful situation on stage in a more balanced mental state and to perform a high artistic quality in the long term. Performing artists have an exceptional role in conveying culture, their mental welfare contributes to shaping the well-being of society.

The role and characteristics of self-justification in the conflict stories of healthcare professionals

Dóra Kocsis^{1,2}, Márta Csabai^{2,3}, Ágnes Kuna⁴

¹ImproversGroup, Hungary; ²Institute of Psychology, University of Szeged; ³Institute of Psychology, Károli Gáspár University of the Reformed Church; ⁴Department of Applied Linguistics and Phonetics, Eötvös Loránd University of Sciences

Background and aims: Conflicts among healthcare professionals can lead to stress, burnout and affect the quality of patient care, so understanding conflict characteristics is a priority in this area. Self-justification is often present in conflicts. Our aim was to explore the characteristics of self-justification in conflict stories of healthcare professionals.

Methods: The semi-structured interviews had been recorded in a previous research. For the present study 25 conflict stories of doctors and 25 of nurses were processed, analyzing the expressions indicating self-justification by using the qualitative methodology of content analysis.

Results: 371 expressions indicating self-justification and 42 expressions indicating avoidance were identified in the conflict stories. These expressions were categorized into 10 self-justification-related and 1 avoidance-related categories based on similar content. Most of the expressions come from the *judgement* category. 71.7% of the expressions related to self-justification come from conflict stories of doctors and 28.3% from conflict stories of nurses. The unresolved conflict stories contain on average more expressions referring to self-justification and fewer expressions referring to avoiding self-justification.

Discussion: Self-justification appearing at several points in the conflict stories may discourage the parties to seek constructive conflict resolution, therefore supporting healthcare professionals in recognizing and transforming self-justification is of particular importance.

Addressing key ethical concerns in Photovoice projects

Sarah Cilia Vincenti, Michael Galea, Vince Briffa

University of Malta, Malta

Photovoice aims to empower marginalised communities through critical dialogue and exhibition of photographic images taken by participants. Consequently, this generates complex ethical considerations. These may include lack of promised social change, misinterpretation of images by the public, ambiguity over ownership over photographs, dangers inherent in online circulation of images and compromised integrity of the method via excessive researcher control.

This presentation details the strategies implemented to circumvent ethical difficulties in an ongoing photovoice project designed to empower Maltese adult women with ADHD. Some of these strategies, such as the incorporation of an ethics session in the first focus group for participants, were borrowed from the literature. Other strategies, like the inclusion of an additional third focus group intended to explore participants' perceptions of the outcomes of the study, were conceived by the authors.

This discussion will lay out how the ethical responsibilities of researchers extend far beyond safeguarding individual participants in participatory action research. Researchers must adhere to rigorous standards imposed by research ethical committees, whilst honouring the right to self-determination of the community they are set to empower. Moreover, the presentation will seek to inspire potential photovoice researchers who may be discouraged by the ethical complexities interwoven in photovoice.

Alceste, a qualitative software to evaluate latent content of speech: the trajectory of spousal bereavement.

Yasmine Chemrouk¹, Livia Sani¹, Delphine Peyrat-Apicella², Rozenn Le Berre³, Marie-Frédérique Bacqué¹

¹University of Strasbourg, France; ²Sorbonne Paris North University, France; ³The Catholic University of Lille, France

Worldwide, approximately 8 million people receive palliative care and 34% are cancer patients.

This study aims to highlight the spouse's experience in the context of sedative practices. The spouse is the patient's attachment figure and the person most at risk for developing potential psychopathological complications following the loss.

3 bereaved women (mean age = 60 years old) were interviewed three months after their partner's death.

Their husbands (mean age = 64 years old) died of solid cancer.

A thematic analysis of the interviews was performed using the ALCESTE software, a tool for statistical analysis of textual data based on word co-occurrences.

Preliminary results highlight the following five themes: history of the disease; care and relationship with healthcare teams; new responsibilities related to the disease; bereavement and family support; and the need for life continuing.

The results highlight the more practical elements related to the disease, including the burden of assisting the patients in all their needs (a specific aspect of women caregivers) and the feeling of emptiness following the loss.

There appears to be a need for longitudinal research to follow the grieving process and better understand what may complicate it.

ORAL SESSION 21

Time: Saturday, 02/Sept/2023: 9:00am - 10:30am · Location: JANOSSY

Session Chair: Reitske Meganck

THE (EM)POWER(ING) STORIES. Understanding adolescent motherhood through Digital Storytelling

Eszter Pados^{1,2}, Anita Lanszki^{4,5}, Kata Horváth², József Rácz^{2,3}

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Teenage pregnancy is a global challenge that can have serious consequences for both youth girls, their children, and the community in which they live. Adolescent childbearing is stigmatized by society as negative and undesirable, even though marginalized youth may see motherhood as the only way out of deprivation.

To better understand this phenomenon, the presenters involved ten Hungarian Roma women living in socio-economically and ethnically marginalized situations who became mothers as teenagers in an art-based participatory action research process. Digital Storytelling was used as a research method to identify the common characteristics of motherhood stories. Data came from the dialogs of the process and the short autobiographical videos created by the participants.

The method provided a powerful platform for the participants to give voice to their lived experiences, process their painful stories, and connect with each other. The act of creating a digital story had a transformative, empowering effect on the participants who identified structural barriers behind the problem and advocated for social change.

In this presentation, we would like to give an overview of this process, discuss the validity and reliability of the research results, present digital storytelling as a transformative social intervention, and introduce the experiences of the art-based research methodology.

Constructing motherhood in times of social isolation

Reitske Meganck

Ghent University, Belgium

Becoming a mother requires a process of reconstructing identity and integrate one's changed position to oneself and others. This process might falter at different points and lead to experiences of depression, anxiety, and loneliness. In the context of the covid-19 pandemic social relationships changed substantially and forced isolation posed additional challenges for new mothers.

In this study we conducted a qualitative interview study with women who gave birth during periods of lockdown in Belgium on their experiences of becoming a mother during the perinatal period.

The absence of others in real life and changed care, life, and work circumstances posed substantial challenges for most participants. The lack of others being a witness of their new position as a mother made it difficult to reframe their identity. Feelings of being unnoticed, not being seen and not considered as a mother by others were described and related to feelings of loneliness.

The findings of this study indicate the importance of the physical presence, the gaze of others seeing and recognizing women as a mother of their baby in protecting the well-being of both. Qualitative research allows for rich and in-depth insights both at the level of experience and its discursive context.

Pushing down the daisies – How to improve elderly people's mental health in nursing home care

Laura Posta, Eszter Berán

Pázmány Péter Catholic University, Hungary

Background and objective: Currently, 21.9% of the Hungarian population is over 65 years old. Advancing age also means several elderly people need help, so the demand for nursing homes is increasing. This exploratory research examines the factors that significantly influence mental health in old age, with special attention to the factors relevant for those living in nursing homes. The main hypothesis of the research is that nursing homes can elicit mental health. *Method:* I base my results on life interviews with 24 elderly people and on the scores of their WHO-WBI-5 questionnaires, as well as on the processing of the features and services of 20 nursing homes. *Results:* Communality and prosocial values stand out within the construct of social relations. Physical activity seems very important for mental health. Several interviewees highlighted work-like activities as the main source of meaning and competence. Some mentioned spirituality to fight the fear of death. Based on the findings, nursing homes can serve as perceived social support to preserve the vitality of those cared for and reduce loneliness. Self-esteem and intra-relations can be strengthened by forming group-identity, there are several tricks to raise self-efficacy and spirituality even within the walls of a nursing home.

The Experiences of Older Adults with Digitalization and its Effect on Mental Health

Edit Andrea Pauló

ELTE, Hungary

This presentation describes a qualitative study that aimed to explore the experiences of older adults with digitalization and its impact on their mental health. Semi-structured interviews were conducted and analyzed thematically, revealing that digital devices provided a valuable source of connection and entertainment for older adults. However, they also faced challenges related to digital inequality and lack of technical support, which hindered their ability to fully engage with technology. Retirement and loss of social connections can lead to loneliness in old age, but digital contact can alleviate this feeling, although not all online relationships are satisfying. Additionally, the interviewees discussed the psychological burden of digital device use, such as anger and overuse, due to inadequate digital skills and a lack of technical or emotional support. This study highlights the importance of qualitative research methods in understanding the mental health challenges faced by older adults in the context of digitalization.

KEYNOTE_4: Erminia Colucci

Time: Saturday, 02/Sept/2023: 11:00am - 12:00pm · Location: CONFERENCE ROOM

Session Chair: Zsuzsa Kaló

Arts-based and visual methods in activist mental health research in LMICs and among people from migrant and refugee backgrounds

Erminia Colucci

Middlesex University, United Kingdom

Starting with an overview of potential benefits (and limitations) of using arts-based and visual methods, the presenter will share reflections and examples from carrying out several applied and activist interdisciplinary research projects using a range of arts-based and visual methodologies interdisciplinary projects about mental health/illness and suicidal behaviour in LMIC such as Indonesia, India, Ghana, Australia and the Philippines, and among people from migrant and refugee backgrounds. In particular, she will present about her recent UK ESRC/GCRF-funded project “Together for Mental Health: Using collaborative visual research methods to understand experiences of mental illness, coercion and restraint in Ghana and Indonesia”, which used ethnographic film and visual participatory methods to explore collaboration between mental health workers and faith-based and traditional healers to prevent the use of coercion and provide care for persons affected by mental illness. The speaker will also provide examples from a variety of projects where the participants/storytellers were directly involved in creating and making (i.e. filming, editing, distributing) their stories using a range of techniques (from collaborative filming to digital storytelling to participatory video). She will conclude by sharing her reflections on using creative forms of engagement to ignite social and system changes.