

Poster

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Poster 16

[P-16-01]

Work Passion as a Protective Factor Against Burnout Among Nurses in Thailand

*Vatanya Chiewvattanukul¹, Nattha Saisavoey¹, Sirirat Kooptiwoot¹, Varaporn Sripirom¹ (1. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University (Thailand))

[P-16-02]

Workplace Attachment Style, Burnout Levels, and Sleep Quality in Nurses of Hong Kong

*Sze Man Chan¹, Mark Lawrence WONG² (1. Registered Nurse, Master's Student, City University of Hong Kong (Hong Kong), 2. Clinical Psychologist, Assistant Professor, Department of Social and Behavioural Sciences, City University of Hong Kong (Hong Kong))

[P-16-03]

How does race impact the pathway of sleep disturbance to depression through emotional regulation for a high-risk population?

*Jeremy Gibbs¹, Rachel Fusco¹ (1. University of Georgia (United States of America))

[P-16-04]

Sleep quality affecting burnout syndrome among practical and registered nurses in Siriraj hospital

*Chayangkoon Poomkamjorn¹, Kamonporn Wannarit¹, Panate Pukrittayakamee¹, Ubol Hunkaewchompoo¹ (1. Siriraj hospital, Mahidol university (Thailand))

[P-16-05]

Too Much Screen Time? Binge-Watching Behavior and Its Mental Health Correlates Among Thai University Undergraduates.

*Pongrawee Thiansirikhun¹, Muthita Phanasathit² (1. Department of Psychiatry, Faculty of Medicine, Thammasat University (Thailand), 2. Department of Psychiatry, Center of Excellence of Applied Epidemiology, Faculty of Medicine, Thammasat University. (Thailand))

[P-16-06]

Exploring the "Fidelity" of Recovery Colleges in Japan: Gaps Between Core Values and Practice

*Yui Komine¹, Taisuke Katsuragawa² (1. Graduate School of Human Sciences, Waseda University (Japan), 2. Faculty of Human Sciences, Waseda University (Japan))

[P-16-07]

Investigating the mechanism of action of an intervention based on metacognitive therapy for social dysfunction in high worriers.

*Minori Machida¹, Jun Tayama¹ (1. Waseda University (Japan))

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Keywords : Work passion、 Burnout、 Nurses

Background

The COVID-19 pandemic has placed unprecedented psychological and workload-related demands on healthcare workers, particularly nurses. Burnout has emerged as a critical mental health concern. In Thailand, cultural dynamics such as hierarchical organizational culture, spiritual beliefs, and personal identity may shape how nurses maintain psychological well-being. Work passion, reflecting intrinsic motivation and meaningful engagement in one's profession, may buffer against burnout. However, evidence among Thai nurses remains limited.

Objective

To investigate the relationship between work passion and burnout among nurses and identify key contributing factors.

Methods

A cross-sectional study was conducted among 363 nurses at Siriraj Hospital, a major public tertiary hospital in Thailand. The survey assessed burnout, work passion, and associated factors across four domains: job-related, organizational, relational, and individual. Chi-square test was used to examine factors associated with burnout and work passion. Spearman's rank correlation analyses were performed to explore correlation between burnout and work passion.

Results

Burnout rates were highest (20–30%) in surgical, obstetric, and internal medicine units, though department-based differences were not statistically significant. Younger nurses (aged 21–40) reported significantly lower work passion than older counterparts ($P < 0.05$). High work passion was observed in 36% (ages 21–30), 40% (31–40), compared to 69% (41–50) and 65% (above 51). Nurses with a master's degree showed significantly higher work passion (73% vs. 45%, $P < 0.05$). Work passion negatively correlated with burnout ($r = -0.296$, $P < 0.01$). Especially autonomy, work-life balance, fairness, collaboration, psychological support, recognition, and spirituality were linked to lower burnout and enhanced passion.

Conclusion

Promoting work passion through supportive organizational practices may mitigate

burnout and strengthen resilience among nurses. Targeted interventions—particularly in high-stress departments—should be considered as part of long-term mental health strategies in healthcare systems.

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[P-16-02] Workplace Attachment Style, Burnout Levels, and Sleep Quality in Nurses of Hong Kong

*Sze Man Chan¹, Mark Lawrence WONG² (1. Registered Nurse, Master's Student, City University of Hong Kong (Hong Kong), 2. Clinical Psychologist, Assistant Professor, Department of Social and Behavioural Sciences, City University of Hong Kong (Hong Kong))
Keywords : Workplace attachment style, nurses, burnout, Hong Kong, sleep quality

Background Burnout and depression are highly prevalent among nurses in Hong Kong due to a highly stressful working environment. The demands of teamwork and shift duty often result in increased mental stress and poor sleep quality. Workplace attachment theory—a novel concept—explores the emotional bond between individuals and their work environment. Secure workplace attachment has been associated with lower emotional exhaustion, greater perceived comfort, and reduced stress. In contrast, insecure attachment styles, such as preoccupied and avoidant, are linked to higher stress and poorer outcomes. However, these relationships have not yet been examined in the local context of Hong Kong, where the healthcare environment is particularly demanding, with nurse-to-patient ratios reaching up to 1:13. Investigating these associations is essential to inform targeted interventions that promote psychological well-being and resilience among nurses.

Aim This study aimed to examine the relationship between workplace attachment styles and psychological outcomes including burnout and sleep quality. It was hypothesized that secure workplace attachment would be negatively associated with burnout, while insecure attachment would show a positive association. Furthermore, sleep quality was hypothesized to mediate the relationship between attachment style and burnout.

Method This cross-sectional study recruited a convenience sample of Hong Kong nurses (N = 189) through an online survey conducted between November 2024 and February 2025. The survey collected demographic data and utilized the following instruments: the Depression Anxiety Stress Scales-21 (DASS-21), Workplace Attachment Style Questionnaire (WASQ), Maslach Burnout Inventory–Human Services Survey for Medical Personnel (MBI-HSS-MP), and the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using Spearman correlations and mediation analysis via SPSS and PROCESS macro.

Results Secure workplace attachment was significantly negatively associated with depression, anxiety, stress, poor sleep quality, and burnout. Mediation analysis revealed that the protective effect of secure workplace attachment on burnout was partially mediated by better sleep quality. The findings support a partial mediation model in which secure attachment is associated with lower levels of burnout both directly and indirectly through improved sleep quality.

Conclusion This study suggests that workplace attachment style may play a protective role in preventing or reducing burnout among nurses. A longitudinal study or randomized

controlled trial is recommended to further examine the causal relationships underlying these associations and to support the development of effective strategies for mitigating burnout among nurses in Hong Kong.

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[P-16-03] How does race impact the pathway of sleep disturbance to depression through emotional regulation for a high-risk population?

*Jeremy Gibbs¹, Rachel Fusco¹ (1. University of Georgia (United States of America))

Keywords : Depression、Emotional Regulation、Sleep、Race、Sexual Minority

Background: Sleep disturbance can disrupt the mind's ability to regulate emotions, and emotional regulation impacts mental health. No known research has investigated this pathway to depression and how it may function differently based on race and culture. Therefore, we aim to (1) investigate the pathway of sleep to depression through emotional regulation in a population that is high-risk for mental health issues (i.e., sexual minority men), and (2) identify pathway differences based on race and culture.

Methods: In June 2020, 239 sexual minority men (e.g., gay) were recruited in the U.S. to participate in an online survey. Participants answered demographic items and validated scales of sleep disturbance, emotional regulation (i.e., cognitive reappraisal, emotional suppression), and depression symptomology. Relationships between study variables were investigated using linear regressions, with sleep disturbance as the independent variable, cognitive reappraisal and emotional suppression as the mediators, and depression as the outcome. Two separate models were run: one with White participants, and one with all Non-White participants. Sobel tests were used to identify significant mediation.

Results: Participants were racially diverse: 47% White, 41% Black, 4% Latino, 3% Asian, 3% Multiracial. The final White participant model accounted for 39% of the variance in depression ($F=22.924$, $p<.001$) with two significant covariates: sleep disturbance, and cognitive reappraisal. Sobel tests revealed no significant indirect effects. The final Non-White participant model accounted for 36% of the variance in depression ($F=21.981$, $p<.001$) with two significant covariates: sleep disturbance, and expressive suppression. Sobel tests revealed one significant indirect effect of sleep disturbance through expressive suppression ($ST=2.227$, $p=.026$).

Discussion: Emotional regulation strategies have different relationships with depression based on race and culture. Only Non-White individuals' sleep disturbance impacted depression through emotional regulation, suggesting an avenue for psychological intervention for this population. Future research should consider longitudinal testing of this model.

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[P-16-04] Sleep quality affecting burnout syndrome among practical and registered nurses in Siriraj hospital

*Chayangkoon Poomkamjorn¹, Kamonporn Wannarit¹, Panate Pukrittayakamee¹, Ubol Hunkaewchompoo¹ (1. Siriraj hospital, Mahidol university (Thailand))

Keywords : Burnout, Sleep Quality, Nurse

Importance

Burnout is a critical issue affecting nurses globally, impacting not only their mental health and job satisfaction but also the quality of care delivered to patients. Sleep disturbances have increasingly been recognized as a potential and modifiable contributor to burnout.

Objective

To explore the relationship between sleep quality and burnout syndrome among practical and registered nurses at Siriraj Hospital.

Design, Setting, and Participants

This cross-sectional study was conducted at Siriraj Hospital and included 170 practical and registered nurses. Participants were recruited through voluntary enrollment and completed an online self-administered questionnaire.

Exposures

Sleep quality was assessed using the Thai version of the Pittsburgh Sleep Quality Index (PSQI). Based on established cutoffs, respondents were categorized into “good sleep” (n = 43; 25.3%) and “poor sleep” (n = 127; 74.7%) groups.

Main Outcome and Measures

Burnout was evaluated using the Thai version of the Copenhagen Burnout Inventory (CBI), focusing on total burnout scores (CBI-T). Statistical analyses included descriptive statistics, chi-square tests, and binary logistic regression.

Results

Burnout was significantly more prevalent among participants with poor sleep quality: 40.2% in the poor sleep group reported burnout, compared to 18.6% in the good sleep group (p = 0.010). Multivariable regression analysis revealed a significant association between poor sleep and increased burnout risk, with a regression coefficient of 0.186. This corresponds to an 18% higher likelihood of burnout in poor sleepers, with a 95% confidence interval of 10% to 35%. **Conclusion**

Poor sleep quality is strongly linked to a higher risk of burnout among nurses. These findings highlight the importance of addressing sleep health as part of strategies to prevent burnout and support the well-being of healthcare professionals.

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[P-16-05] Too Much Screen Time? Binge-Watching Behavior and Its Mental Health Correlates Among Thai University Undergraduates.

*Pongrawee Thiansirikhun¹, Muthita Phanasathit² (1. Department of Psychiatry, Faculty of Medicine, Thammasat University (Thailand), 2. Department of Psychiatry, Center of Excellence of Applied Epidemiology, Faculty of Medicine, Thammasat University. (Thailand))
Keywords : Prevalence、Binge-watching、Mental Health、University、Undergraduates

Background: Binge-watching—a popular media consumption behavior—has been linked to depression, anxiety, and insomnia. However, whether it qualifies as a behavioral addiction remains debated. In Southeast Asia, research on this topic is limited. **Objective:** To evaluate the psychometric properties of the Thai version of the Problematic Series Watching Scale (Thai-PSWS), and investigate prevalence binge-watching and its associated factors to mental health problems among Thai undergraduates. **Methods:** A cross-sectional study was conducted among 359 undergraduate students at Thammasat University. Participants completed the Thai-PSWS, the Thai version of the General Health Questionnaire (GHQ-28), and the Thai Patient Health Questionnaire (PHQ-9). Binge-watching was defined as watching more than one episode of a television series in a single sitting for entertainment purposes. It excluded news, commercials, trailers, social media, and user-generated video platforms. The Thai-PSWS assessed the risk of problematic binge-watching; higher scores indicated a greater likelihood of negative impacts on mental health. Correlation and logistic regression analyses were employed to explore associations with mental health. **Results:** The Thai-PSWS demonstrated good psychometric validity, with an Index of Item Objective Congruence ranging from 0.6-1.0, a Cronbach's Alpha Coefficient of 0.70 (95% CI: 0.56-0.81), and an Intraclass Coefficient of 0.71 ($p < 0.01$). Binge-watching prevalence was 81.62%. Thai-PSWS scores were significantly positively correlated with Thai PHQ-9 depressive scores ($p = 0.26$, $p < 0.01$) and Thai GHQ-28 social dysfunction scores ($p = 0.11$, $p = 0.04$). Predictors for binge-watching included female sex (OR = 2.09, 95% CI: 1.10-4.00), higher Thai-PSWS scores (OR = 1.18, 95% CI: 1.09-1.28), and lower Thai PHQ-9 scores (OR = 0.94, 95% CI: 0.89-0.98). **Discussion:** Binge-watching is highly prevalent among Thai undergraduates. While viewing more than one episode, may not inherently indicated behavioral addiction, problematic binge-watching pattern was significantly associated with depression, anxiety, insomnia, social dysfunction, and somatic symptoms.

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[P-16-06] Exploring the "Fidelity" of Recovery Colleges in Japan: Gaps Between Core Values and Practice

*Yui Komine¹, Taisuke Katsuragawa² (1. Graduate School of Human Sciences, Waseda University (Japan), 2. Faculty of Human Sciences, Waseda University (Japan))

Keywords : Recovery Colleges、Co-production、Mental health recovery

Background

Recovery Colleges (RC) are places where people with mental health challenges, professionals, and citizens learn and grow together. Participation has been shown to enhance mental health and promote recovery (Allard et al., 2024). However, most studies are based in WEIRD countries (Hayes et al., 2024), with limited focus on how core principles are upheld elsewhere. This study explores which values are prioritized in Japanese RC and how consistently they are implemented (fidelity).

Methods

Survey period: 16 May – 8 June 2025

Method: Online or mail-based questionnaire

Target: Japanese organizations titled "Recovery College" or "Recovery School".

Content: 8 principal items (Perkins et al., 2012), original operational questions (from Hayes et al., 2023), and the RECOLLECT-Fidelity-Measure-Japanese (Toney et al., 2019; Sakamoto et al., 2022)

Analysis: Mean and SD calculated. For multiple responses per RC, average scores and item-wise score distributions (0/1/2) were compiled.

Ethics: Approved by Waseda University Ethics Committee (No. 2025-014)

Results

Sixteen responses were obtained. In terms of RC philosophy, co-production (M=4.91), open to anyone (M=4.82), and differences from professional support (M=4.79) received high ratings. On the other hand, presence of personal tutors (M=2.37) and referral support to other institutions (M=3.42) received low ratings. The fidelity scale averaged 6.45 points (SD=3.14), and like philosophy ratings, community focus and tailored to the student were harder to implement. On the other hand, social connectedness and equality received relatively high ratings. Additionally, while co-production was the most important philosophy, only five cases received a score of 2 in the fidelity evaluation.

Discussion

The results suggest that some principles, though widely supported, are not consistently practiced. This may reflect resource constraints or ambiguity in applying concepts like co-production. Future work should model influencing factors within the Japanese context and expand comparative research across cultures.

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[P-16-07] Investigating the mechanism of action of an intervention based on metacognitive therapy for social dysfunction in high worriers.

*Minori Machida¹, Jun Tayama¹ (1. Waseda University (Japan))

Keywords : high worriers、social dysfunctions、attentional strategies、ecological momentary assessment

Objectives. This study aimed to examine mechanisms of change in metacognitive beliefs and attentional strategies related to social dysfunctions among high worriers, who lie on a continuum with generalized anxiety disorder (GAD).

Methods. Thirty individuals reporting clinically significant levels of worry and social dysfunction were semi-randomly assigned to an experimental group or an active control group ($n = 15$ each). Both groups received feedback on self-report scales and participated in Ecological Momentary Assessment (EMA) for one week before and after the intervention. The experimental group received psychoeducation on self-instruction training, attention training technique, and situational attentional refocusing (SAR), with each component administered over one week. The active control group did not receive SAR.

Results. A group $\times$ time ANOVA showed significant main effects of time on social dysfunctions, trait worry, and negative metacognitive beliefs. Hierarchical Bayesian modeling also revealed significant main effects of time for both disengagement and engagement attentional strategies. No significant interaction effects were found. To investigate potential mechanisms, we tested baseline–post changes in correlations between key processes and outcomes. Fisher's Z test showed that the correlation between negative metacognitive beliefs and social dysfunctions increased significantly from baseline to post-intervention ($r = .15$ vs. $r = .47$; $z = 2.38$, $p = .018$), suggesting a stronger link following intervention. Other correlation changes were nonsignificant. Hierarchical Bayesian mediation analysis including group $\times$ time interactions detected no credible indirect effects, likely due to limited sample size.

Conclusion. These findings suggest that interventions modifying metacognitive beliefs may enhance the structural coupling between beliefs and social dysfunctions, even when direct causal effects are not observable. Future research should test this mechanism in larger samples.