

Oral

 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC  Session Room 8
(Meeting Room 1)

Oral 13

[O-13-01]

Exploring different needs of intervention in adolescents with different levels of psychological difficulties

*Nabilah Amalina Rozi^{1,2}, Sherly Saragih Turnip¹ (1. Research of Community Mental Health Initiative (RoCMHI), Faculty of Psychology, Universitas Indonesia (Indonesia), 2. Department of Global Public Health, Karolinska Institutet (Sweden))

[O-13-02]

Cohort Analysis of The Relationship Between Future Time Perspective and Career Adaptability among Junior High School Students in Banyuwangi, Indonesia

*Jovinka Maulina Raharjo¹, Fitri Fausiah¹, Sherly Saragih Turnip¹ (1. Research of Community Mental Health Initiative (Indonesia))

[O-13-03]

Stressful life events and family adjustment in young people from Colombia.

Sandra Mateus-Gómez¹, Rosa Díaz², Claudia Navarro-Roldan⁴, *Ernesto Magallon-Neri^{1,3} (1. Department of Clinical Psychology and Psychobiology. Faculty of Psychology. University of Barcelona. (Spain), 2. Department of Child and Adolescent Psychiatry and Psychology. Institute of Neurosciences. Hospital Clínic Universitari of Barcelona. (Spain), 3. Institute of Neurosciences, UB. Group of Studies about Measure Invariance and Analysis of Change (GEIMAC) 2021SGR01071. (Spain), 4. Human development, cognition and education research group, Psychology program, University Pedagogical and Technological of Colombia. (Colombia))

[O-13-04]

Depressive symptoms are associated with utilitarian responses in trolley dilemmas: a study amongst university students in the United Arab Emirates

*Gabriel Andrade¹ (1. Ajman University (United Arab Emirates))

[O-13-05]

Anxiety and depression among adolescents

*Cecilia Essau¹, Suwaibah Zakaria², Chuong Hock Ting Ting³, Julia Ai Cheng Lee³, Alvin Lai Oon Ng⁴, Nik Daliana Nik Farid⁵, Noor Azimah Muhammad⁶, Suzaily Wahab⁶, Alejandro de la Torre-Luque⁷ (1. University of Roehampton (UK), 2. Universiti Malaysia Sabah (Malaysia), 3. Universiti Malaysia Sarawak (Malaysia), 4. Sunway University (Malaysia), 5. Universiti Malaya (Malaysia), 6. Universiti Kebangsaan Malaysia (Malaysia), 7. Universidad Complutense de Madrid (Spain))

[O-13-06]

School Bullying Prevention and Intervention Across Cultures: The ICoRIPI Study Protocol for Promoting Youth Mental Health in Six Nations

*Ekachaeryanti Zain¹, Atsunori Sugimoto^{2,3}, Emmanuel Aniekan Essien⁴, Gniewko Więckiewicz⁵, Ching-Hua Julie Lee⁶, Rwanda Gaffaz⁷, Joanna Smolarczyk⁵, Victor Pereira-Sanchez⁸, Kiyohiro Yoshinaga³, Masaya Ootake¹, Hiroyuki Kasahara², Faisal Budisasmita Paturungi Parawansa¹, Isa Multazam Noor⁹, Naoki Fukui¹, Yuichiro Watanabe^{1,10}, Jun Egawa¹, Shuken Boku¹ (1. Department of Psychiatry, Niigata University Graduate School of Medical and Dental Sciences (Japan), 2. Department of Community Psychiatric Medicine, Niigata University Graduate School

of Medical and Dental Sciences (Japan), 3. Department of Psychiatry, Niigata Psychiatric Center (Japan), 4. Federal Neuropsychiatric Hospital (Nigeria), 5. Department of Psychiatry, Faculty of Medical Sciences in Zabrze, Medical University of Silesia (Poland), 6. Tsaotun Psychiatric Center, Ministry of Health and Welfare (Taiwan), 7. Alrazi Psychiatric Hospital (Libya), 8. Department of Psychiatry, Columbia University (United States of America), 9. Department of Psychiatry, Faculty of Medicine, YARSI University (Indonesia), 10. Department of Psychiatry, Uonuma Kikan Hospital (Japan))

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 8
(Meeting Room 1)

Oral 13

[O-13-01] Exploring different needs of intervention in adolescents with different levels of psychological difficulties

*Nabilah Amalina Rozi^{1,2}, Sherly Saragih Turnip¹ (1. Research of Community Mental Health Initiative (RoCMHI), Faculty of Psychology, Universitas Indonesia (Indonesia), 2. Department of Global Public Health, Karolinska Institutet (Sweden))

Keywords : Psychological difficulties、 Psychological well-being、 Adolescents、 Indonesia

Background: Psychological difficulties are risk factors to Indonesian adolescents' psychological well-being. Indonesian adolescents also have a higher cut-off point for classifying levels of psychological difficulties compared to the suggested cut-off point. These findings were valuable in developing screening and intervention programs to increase their psychological well-being through preventing mental health problems. However, empirical evidence is needed to determine which psychological difficulties level should be prioritised for intervention.

Objectives: This study aimed to identify which levels of psychological difficulties showed significant differences in psychological well-being.

Methods: This is a school-based cross-sectional study involving middle school students from five schools in Banyuwangi, Indonesia. We classified adolescents' psychological difficulties levels (close-to-average, slightly raised, high, and very high) using the Strength and Difficulties Questionnaire (SDQ) scores. We measured psychological well-being using Ryff's Psychological Well-Being Scale (PWB-18). One-way ANOVA was used to compare psychological well-being between levels in each difficulty (hyperactivity, conduct problems, emotional problems, and peer problems).

Results: 1138 adolescents aged 9–17 years old ($M_{age} = 13.91$, $SD = 0.82$) participated in the study, with 50.3% being male and 49.7% being female. One-way ANOVA showed significant differences in adolescents' psychological well-being between levels in hyperactivity ($F(3, 1132) = 45.01$, $p < .001$), conduct problems ($F(3, 1132) = 21.72$, $p < .001$), emotional problems ($F(3, 1131) = 56.08$, $p < .001$), and peer problems ($F(2, 1133) = 60.24$, $p < .001$). Post-hoc comparison using the Tukey HSD test indicated that the largest mean differences were between the close-to-average and slightly raised groups, in almost all psychological difficulties.

Discussion: A higher cut-off point may cause psychological difficulties to be overlooked and normalised, while interventions to prevent further progression of difficulties may be beneficial for increasing Indonesian adolescents' psychological well-being. This study highlights the importance of screening and early intervention.

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏛️ Session Room 8
(Meeting Room 1)

Oral 13

[O-13-02] Cohort Analysis of The Relationship Between Future Time Perspective and Career Adaptability among Junior High School Students in Banyuwangi, Indonesia

*Jovinka Maulina Raharjo¹, Fitri Fausiah¹, Sherly Saragih Turnip¹ (1. Research of Community Mental Health Initiative (Indonesia))

Keywords : Career Adaptability, Future Time Perspective, Adolescence, Junior High School Student, Banyuwangi, Indonesia

Career preparation is an important developmental task in adolescence. The earlier adolescents start it, the better the decision they can make for the future. Previous research was rarely conducted in rural areas even though the environment has an influence on career adaptability. Adolescents can have good career adaptability (CA) if it also has a good future time perspective (FTP). FTP and CA increase along with adolescent development; therefore, the aim of this study is to assess the role of future time perspective in predicting career adaptability in each cohort group of four junior high school students in Banyuwangi, a small city in Indonesia. The method of this study is a cohort study conducted in 2022 and 2023, involving students from four junior high schools in Banyuwangi. Participants in this study were 919 students ($M=12.98$, $SD=0.77$) for 2022 data collection and 1013 students ($M=13.94$, $SD=0.79$) for 2023 data collection. The instruments used in this study were CAAS-SF with four dimensions (concern, control, curiosity, confidence) and FTPS (connectedness and value). The linear regression analyses were performed to assess the contribution of future time perspective in predicting career adaptability. The results show that there are significant differences in future time perspective and career adaptability among different cohort groups. The older cohort group shows significantly better future time perspective and career adaptability than the younger cohort, even though both groups each had an increase in scores from the first year to the second year. Both dimensions of future time perspective (connectedness and value) predict career adaptability ($F(2, 1929) = 184$, $p < 0.001$, $R^2 = 0.160$), though the connectedness dimension makes a greater contribution than value. In conclusion, future time perspective, especially connectedness, strongly predicts career adaptability, with older cohorts showing greater improvements.

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 8
(Meeting Room 1)

Oral 13

[O-13-03] Stressful life events and family adjustment in young people from Colombia.

Sandra Mateus-Gómez¹, Rosa Díaz², Claudia Navarro-Roldan⁴, *Ernesto Magallon-Neri^{1,3} (1. Department of Clinical Psychology and Psychobiology. Faculty of Psychology. University of Barcelona. (Spain), 2. Department of Child and Adolescent Psychiatry and Psychology. Institute of Neurosciences. Hospital Clínic Universitari of Barcelona. (Spain), 3. Institute of Neurosciences, UB. Group of Studies about Measure Invariance and Analysis of Change (GEIMAC) 2021SGR01071. (Spain), 4. Human development, cognition and education research group, Psychology program, University Pedagogical and Technological of Colombia. (Colombia))

Keywords : Family adjusmet、 Stressful live events、 young

Objective: To examine the relationships between different concepts analyzed by the family APGAR (family support, communication, common decision making, shared time and feeling of affection) with the occurrence of different stressful life events. Method: in a sample of adolescents and young people (n= 600; 60.5% women) between 12 and 25 years of age (M = 17.6; SD = 3.3) from Colombia, the following tests were applied: the Familial APGAR and the Lifetime incidence of Traumatic Events, Student form (LITE-S). Results: Multiple significant relationships were identified (p = .001), mostly with a slight impact, among which: the event of being separated from the family will decrease the sensation of satisfaction of family support, time shared with the family and feeling of warm affection. Being beaten and physically abused mainly led to a decrease in satisfaction with family support. Having relational problems with parents, classmates or friends was widely related to a decrease in the perception of support, communication, decision making and satisfaction in shared time; This latter concept was also related with the inclusion of a new partner (stepfather or stepmother) in the family. Discussion: family dynamics and their level of satisfaction can be affected by the occurrence of certain stressful events that variously affect the degree of support, communication between its members and the overall perception of satisfaction related to the family. It is relevant to consider the evaluation of these events to understand in great depth their impact on family dynamics and their implication on mental health.

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏛️ Session Room 8
(Meeting Room 1)

Oral 13

[O-13-04] Depressive symptoms are associated with utilitarian responses in trolley dilemmas: a study amongst university students in the United Arab Emirates

*Gabriel Andrade¹ (1. Ajman University (United Arab Emirates))

Keywords : Depression、Trolley dilemma、United Arab Emirates、Moral reasoning

Trolley dilemmas have been commonly used to justify the intuitive appeal of the doctrine of double effect. According to this doctrine, if a good action has a harmful side effect, then it is morally acceptable to do it, provided the harmful effect is not intended. However, in some variants of the dilemma, most people are willing to forego the doctrine of double effect, thus making responses inconsistent. In this study, 404 university students from the United Arab Emirates (UAE) were presented with 4 versions of the trolley dilemma. Results came out showing that higher levels of depressive symptoms predict greater consistency in adherence (or rejection) to the doctrine of double effect. Likewise, higher levels of depressive symptom predict utilitarian responses to trolley dilemmas. Anxiety symptoms had similar effects, but more moderate. Demographic variables (age, gender) were also assessed as predictors of responses and consistency to trolley scenarios, but no significant effects were found.

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 8
(Meeting Room 1)

Oral 13

[O-13-05] Anxiety and depression among adolescents

*Cecilia Essau¹, Suwaibah Zakaria², Chuong Hock Ting Ting³, Julia Ai Cheng Lee³, Alvin Lai Oon Ng⁴, Nik Daliana Nik Farid⁵, Noor Azimah Muhammad⁶, Suzaily Wahab⁶, Alejandro de la Torre-Luque⁷ (1. University of Roehampton (UK), 2. Universiti Malaysia Sabah (Malaysia), 3. Universiti Malaysia Sarawak (Malaysia), 4. Sunway University (Malaysia), 5. Universiti Malaya (Malaysia), 6. Universiti Kebangsaan Malaysia (Malaysia), 7. Universidad Complutense de Madrid (Spain))

Keywords : Anxiety、Depression、Adolescents、Academic stress、School connectedness

Mental health problems such as anxiety and depression account for 13% of the global burden of disease and affect approximately 20% of adolescents worldwide. The onset of anxiety and depression typically occurs before 14 years of age, and these mental health problems are associated with poor school performance, alcohol and drug misuse, and suicidal behaviour. Some of the most commonly reported risk factors for anxiety and depression include genetic predisposition, family history of mental illness, exposure to trauma or chronic stress, peer-related difficulties such as bullying. The link between anxiety/depression with perceived academic stress and school connectedness has rarely been explored.

The aim of this study was to examine the prevalence of anxiety and depression, and their potential link with perceived academic stress and school connectedness. Another aim was to examine adolescent's mental health literacy. A total of 5354 adolescents (boys = 46.8%; girls = 53.2%) living in economically deprived areas in Malaysia, aged 12-14 years (mean age = 13.5 years), participated in this study. They completed a set of questionnaires, including questionnaires to measure anxiety and depressive symptoms, perceived academic stress, school connectedness, and knowledge of mental health problems.

Results showed that 17.5% of the adolescents endorsed moderate to severe levels of anxiety and depressive symptoms as measured using the Depression Anxiety and Stress Scale-21. Significantly more girls than boys endorsed moderate to severe levels of anxiety and depression. Anxiety and depression correlated significantly positive with academic stress and significantly negative with school connectedness. Adolescents also showed low level of mental health literacy, which contributed to delayed recognition, underreporting of symptoms, and limited help-seeking behaviour.

To conclude, our study underscores the urgent need for targeted public health strategies and improved mental health literacy to address the growing burden of anxiety and depression among adolescents.

Oral

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏠 Session Room 8
(Meeting Room 1)

Oral 13

[O-13-06] School Bullying Prevention and Intervention Across Cultures: The ICoRIPI Study Protocol for Promoting Youth Mental Health in Six Nations

*Ekachaeryanti Zain¹, Atsunori Sugimoto^{2,3}, Emmanuel Aniekan Essien⁴, Gniewko Więckiewicz⁵, Ching-Hua Julie Lee⁶, Rwanda Gaffaz⁷, Joanna Smolarczyk⁵, Victor Pereira-Sanchez⁸, Kiyohiro Yoshinaga³, Masaya Ootake¹, Hiroyuki Kasahara², Faisal Budisasmitha Paturungi Parawansa¹, Isa Multazam Noor⁹, Naoki Fukui¹, Yuichiro Watanabe^{1,10}, Jun Egawa¹, Shuken Boku¹ (1. Department of Psychiatry, Niigata University Graduate School of Medical and Dental Sciences (Japan), 2. Department of Community Psychiatric Medicine, Niigata University Graduate School of Medical and Dental Sciences (Japan), 3. Department of Psychiatry, Niigata Psychiatric Center (Japan), 4. Federal Neuropsychiatric Hospital (Nigeria), 5. Department of Psychiatry, Faculty of Medical Sciences in Zabrze, Medical University of Silesia (Poland), 6. Tsaotun Psychiatric Center, Ministry of Health and Welfare (Taiwan), 7. Alrazi Psychiatric Hospital (Libya), 8. Department of Psychiatry, Columbia University (United States of America), 9. Department of Psychiatry, Faculty of Medicine, YARSI University (Indonesia), 10. Department of Psychiatry, Uonuma Kikan Hospital (Japan))

Keywords : School Bullying、Prevention and Intervention、Youth Mental Health、Cross-cultural Research

Bullying has been consistently associated with a range of psychiatric problems in children and adolescents, including depression, anxiety, post-traumatic stress disorder, behavioral and substance use disorders, self-harm, and suicidality. Global data indicate a victimization rate of 36%, with conceptual frameworks for bullying varying across cultures. While UNESCO defines bullying as repeated aggressive behavior involving a power imbalance, some countries base definitions solely on the victim's subjective experience of harm, regardless of intent, repetition, or power dynamics. Most existing interventions are Western-based and may not reflect diverse cultural contexts, limiting their global applicability.

To address this gap, the ICoRIPI project, led by Niigata University and supported by an international team, was launched across six culturally diverse countries: Indonesia, Japan, Libya, Nigeria, Poland, and Taiwan. This project aims to develop culturally informed strategies for addressing school bullying and mental health aspects.

A three-phase study protocol was designed to ensure methodological integrity and cultural relevance across participating countries. This presentation will share the current progress and preliminary insights from Phase 1, which involves the adaptation, translation, and standardization of the seven assessment tools measuring bullying, psychiatric symptoms, and school-related factors in each country's national language. Additionally, we will outline the methodological challenges of Phase 2, which consists of cross-sectional surveys to examine the prevalence of bullying, sociocultural determinants, and associated mental health problems using path modeling. We will also introduce the

study design for Phase 3, which involves parallel, pragmatic cluster randomized controlled trials (RCTs) to evaluate the Niigata Ijime Prevention and Intervention Program (NIPIP).

We aim to invite expert feedback on this study protocol, particularly regarding methodological considerations and implementation strategies for upcoming phases. This discussion will contribute to enhancing the rigor and cultural relevance of global efforts to prevent school bullying, create safer school environments, and improve youth mental health.