

Grant Awardees

📅 Sat. Sep 27, 2025 9:50 AM - 10:50 AM JST | Sat. Sep 27, 2025 12:50 AM - 1:50 AM UTC 🏛️ Session
Room 1 (Main Hall A)

WACP Grant Award Session

[GA-1-01]

NYAWIJI, GREGET, SENGGUH, ORA MINGKUH:

SUPPORTIVE PSYCHOTHERAPY THROUGH THE LENS OF *KAWRUH JOGED MATARAM*

*Bayu Adiputro Puruboyo¹, Carla Raymondalexas Marchira², Fajar Wijanarko³ (1. Resident, Department of Psychiatry, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada (Indonesia), 2. Staff, Department of Psychiatry, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada (Indonesia), 3. Curator, Museum Keraton Yogyakarta (Indonesia))

[GA-1-02]

Navigating the Shadows: The Impact of Mindfulness, Cognitive Fusion, and Coping Strategies on Psychological Distress Among Mental Health Workers in Timor Leste

Noviyanti Carla Tilman Leite², Gaspar Quintao³, *Nicholas Pang¹, Eugene Koh⁴, Noor Melissa Nor Hadi⁴, Jhia Mae Woo⁵, Kah Mun Wan⁶, Marina Abdul Rahman Sabri⁷, Ming Gui Tan¹, Assis Kamu¹, Chong Mun Ho¹ (1. Universiti Malaysia Sabah (Malaysia), 2. PRADET (The Democratic Republic of Timor-Leste), 3. Guido Valadares National Hospital (The Democratic Republic of Timor-Leste), 4. Putra University Malaysia (Malaysia), 5. Sunway University (Malaysia), 6. ACT Kuala Lumpur (Malaysia), 7. Hospital Sultanah Aminah (Malaysia))

[GA-1-03]

The paradox impact of language proficiency and acculturation strategies on depressive symptoms in Indonesian migrant domestic workers

*Andrian Liem^{1,2} (1. Universitas Sebelas Maret (Indonesia), 2. Monash University Malaysia (Malaysia))

[GA-1-04]

AI-Driven Multi-Omics Integration of Functional Connectomics and Biomarkers to Decode Resilience Mechanisms in Treatment-Resistant Depression

*Rifaldy Fajar¹, Prihantini Prihantini², Elfiany Elfiany³, Sahnaz Vivinda Putri⁴, Andi Nursanti Andi Ureng⁵ (1. Yogyakarta State University (Indonesia), 2. Bandung Institute of Technology (Indonesia), 3. BLK General Hospital (Indonesia), 4. International University Semen Indonesia (Indonesia), 5. Andini Persada College of Health Sciences (Indonesia))

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[GA-1-01] NYAWIJI, GREGET, SENGGUH, ORA MINGKUH: SUPPORTIVE PSYCHOTHERAPY THROUGH THE LENS OF KAWRUH JOGED MATARAM

*Bayu Adiputro Puruboyo¹, Carla Raymondalexas Marchira², Fajar Wijanarko³ (1. Resident, Department of Psychiatry, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada (Indonesia), 2. Staff, Department of Psychiatry, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada (Indonesia), 3. Curator, Museum Keraton Yogyakarta (Indonesia))

Keywords : Kawruh Joged Mataram, Supportive psychotherapy, Javanese culture, Javanese tradition

Background: Kawruh Joged Mataram refers to the philosophy and knowledge behind the traditional dance forms of the Mataram Kingdom (now Sultanate of Yogyakarta), Indonesia. It encompasses not only the technical aspects of the dance but also the deeper philosophical, spiritual, and cultural values embedded in the art form. This concept highlights the integration of physical expression, inner mindfulness, and social harmony, reflecting Javanese ideals of balance and refinement. Using *Kawruh Joged Mataram* in psychotherapy also counters mental health stigma in non-Western societies by integrating familiar cultural elements.

Objectives: This study aims to explore the values of supportive psychotherapy through the lens of *Kawruh Joged Mataram*.

Methods: This study is conducted through a comprehensive literature review, also incorporates insights from classic Javanese literature to provide a culturally grounded perspective.

Results: In the Javanese worldview, *Nyawiji*, *Greget*, *Sengguh*, *Ora Mingkuh* represents fundamental principles that guide personal conduct, relationships, and harmony with the universe. These principles encompass values that align closely with the goals of supportive psychotherapy, emphasizing emotional regulation, resilience, and harmonious relationships.

Discussion: *Nyawiji* emphasizes unity and harmony, promoting the integration of mental, emotional, and physical well-being, which aligns with supportive psychotherapy's goal of treating the whole person. *Ora Mingkuh* encourages commitment and responsibility, as motivation to actively participate in their therapeutic journey. *Greget*, which symbolizes passion and determination, inspires clients to face challenges with vitality and purpose. *Sengguh* emphasizes confidence balanced with humility, helping clients build self-esteem while maintaining openness to growth and connection with others. These principles resonate with the therapeutic aim of fostering a balanced sense of self and interpersonal relationships.

Conclusion: Integrating the values of *Kawruh Joged Mataram* in supportive psychotherapy involves aligning therapeutic practices with the principles these values represent. These

Javanese philosophical concepts can enhance therapy by promoting emotional balance, self-awareness, resilience, and commitment.

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[GA-1-02] Navigating the Shadows: The Impact of Mindfulness, Cognitive Fusion, and Coping Strategies on Psychological Distress Among Mental Health Workers in Timor Leste

Noviyanti Carla Tilman Leite², Gaspar Quintao³, *Nicholas Pang¹, Eugene Koh⁴, Noor Melissa Nor Hadi⁴, Jhia Mae Woo⁵, Kah Mun Wan⁶, Marina Abdul Rahman Sabri⁷, Ming Gui Tan¹, Assis Kamu¹, Chong Mun Ho¹ (1. Universiti Malaysia Sabah (Malaysia), 2. PRADET (The Democratic Republic of Timor-Leste), 3. Guido Valadares National Hospital (The Democratic Republic of Timor-Leste), 4. Putra University Malaysia (Malaysia), 5. Sunway University (Malaysia), 6. ACT Kuala Lumpur (Malaysia), 7. Hospital Sultanah Aminah (Malaysia))

Keywords : vicarious trauma, Cognitive Fusion, Timor Leste, Post traumatic stress disorder, mindfulness

Background: Timor Leste's history of conflict and trauma has significantly impacted the mental health of its population, leading to high levels of psychological distress. This study aims to investigate the relationships between mindfulness, cognitive fusion, coping strategies, and psychological distress (depression, anxiety, and stress) among psychological workers in Timor Leste. **Methods:** A cross-sectional study design was employed, involving a convenience sample of psychological workers from PRADET and the national referral hospital in Dili. Mindfulness was assessed using the Toronto Mindfulness Questionnaire (TMQ), psychological flexibility using the Acceptance and Action Questionnaire (AAQ-II), cognitive fusion was measured using the Cognitive Fusion Questionnaire (CFQ), and coping strategies were evaluated using the DBT-Ways of Coping Checklist (DBT-WCCL). Depression, anxiety, and stress were measured using the Depression Anxiety Stress Scales (DASS-21). All scales were using the Bahasa Indonesia validated versions. Descriptive statistics, Pearson correlation coefficients, and multiple regression analyses were used to analyze the data. **Results:** Strong positive correlations were observed between mindfulness facets (curiosity and de-centering) and cognitive fusion ($r=0.736$, $p<.001$). Cognitive fusion was significantly associated with higher levels of anxiety ($r=0.527$, $p<.001$), stress ($r=0.519$, $p<.001$), and depression ($r=0.486$, $p<.01$). Dysfunctional coping strategies, particularly blaming others ($r=0.340$, $p<.05$), also showed significant correlations with cognitive fusion. cognitive fusion significantly predicted increased levels of depression ($\beta=0.418$, $p<.05$), anxiety ($\beta=0.491$, $p<.05$), and stress ($\beta=0.482$, $p<.05$). Conversely, coping strategies involving skills use were linked to a significant reduction in depression ($\beta=-19.697$, $p<.05$). **Conclusion:** The findings highlight the critical roles of cognitive fusion and coping strategies in predicting psychological distress among mental health workers in Timor Leste. Addressing these factors can enhance resilience and well-being among mental health professionals.

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[GA-1-03] The paradox impact of language proficiency and acculturation strategies on depressive symptoms in Indonesian migrant domestic workers

*Andrian Liem^{1,2} (1. Universitas Sebelas Maret (Indonesia), 2. Monash University Malaysia (Malaysia))

Keywords : migrant workers、depression、acculturation、language mastery、domestic workers

Background: Indonesian migrant domestic workers (IMDWs) often serve as informal caregivers for older adults in many Asian countries. Despite this essential contribution, their mental health remains largely understudied, particularly in relation to cultural factors such as language proficiency and acculturation strategies. **Objectives:** This cross-sectional study aims to investigate the impact of local language proficiency (reading, listening, writing, and speaking) and Berry's acculturation strategy (separation, integration, assimilation, and marginalization) on depressive symptoms. **Method:** The data were collected via an online survey conducted between August and December 2022 in Malaysia, Singapore, Hong Kong, Macau, and Taiwan. The severity of depressive symptoms was measured using the 9-item Patient Health Questionnaire (PHQ-9), which then was categorized following the 10-point cut-off score (0=no clinical symptoms; 1=have clinical symptoms). A hierarchical logistic regression was used to analyze the impact of language proficiency and acculturation strategy on depressive symptoms while controlling for demographic factors, caregiving burden, and perceived-loneliness. **Results:** The survey was completed by 872 participants with an average age of 36.8 years ($SD=6.5$) and were predominantly female (98.5%). The PHQ-9 average score was 7.7 ($SD=4.7$) and 24.7% of the total participants were categorized as having clinical depressive symptoms. The final predictive model was statistically significant ($X^2[11]=348.8$, $p<.001$), which explained 49% (*Nagelkerke R²*) of the variance. As assimilation strategy increased, the odds of developing clinical symptoms decreased ($OR=0.27$, $95\%CI=0.17-0.43$). Conversely, as speaking fluency and marginalization strategy increased, the odds of developing clinical symptoms also increased ($OR=1.53$, $95\%CI=1.16-2.01$; $OR=2.27$, $95\%CI=1.55-3.32$, respectively). **Discussion:** The unexpected positive association between speaking fluency and depressive symptoms warrants further investigation as it may suggest that increased language proficiency could lead to greater awareness of one's marginalized status or exposure to potentially stressful situations. Targeted interventions and policies are needed to support MDWs' mental health by focusing on healthy acculturation strategies promotion.

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[GA-1-04] AI-Driven Multi-Omics Integration of Functional Connectomics and Biomarkers to Decode Resilience Mechanisms in Treatment-Resistant Depression

*Rifaldy Fajar¹, Prihantini Prihantini², Elfiany Elfiany³, Sahnaz Vivinda Putri⁴, Andi Nursanti Andi Ureng⁵ (1. Yogyakarta State University (Indonesia), 2. Bandung Institute of Technology (Indonesia), 3. BLK General Hospital (Indonesia), 4. International University Semen Indonesia (Indonesia), 5. Andini Persada College of Health Sciences (Indonesia))

Keywords : Treatment-Resistant Depression (TRD)、Resilience Mechanisms、AI-Driven Multi-Omics、Functional Connectomics、Circulating miRNA Biomarkers

Background/Aim: Treatment-Resistant Depression (TRD) affects up to 30% of major depressive disorder (MDD) patients, presenting a significant challenge in psychiatry. Resilience, the ability to maintain psychosocial functioning despite TRD, is poorly understood. This study leverages AI to integrate functional connectomics and circulating miRNA biomarkers, aiming to identify resilience mechanisms and develop precision psychiatry interventions. **Methods:** Functional MRI (fMRI) data were obtained from the UK Biobank (n=2,500; TRD cases, n=900), and circulating miRNA profiles from the exRNA Atlas (n=1,100 participants). Resilience was operationalized as high psychosocial functioning despite TRD, assessed via validated mental health scales. Functional connectomics were analyzed using a graph neural network (GNN) to map and evaluate disruptions in the default mode network (DMN), salience network (SN), and fronto-limbic circuits. Differential expression analysis identified resilience-associated miRNAs influencing synaptic remodeling and neuroinflammation. A multi-modal variational autoencoder (VAE) integrated fMRI connectivity and miRNA expression patterns into unified resilience signatures, validated using 10-fold cross-validation. An ensemble AI model predicted resilience, with critical features ranked by SHAP values. **Results:** The prediction model achieved an AUROC of 0.86 (95% CI: 0.83–0.89) and an accuracy of 78.3% (95% CI: 76.2–80.4%). DMN-SN connectivity disruptions were the strongest predictors of resilience (SHAP value: 0.62). Resilient individuals showed significantly elevated miR-124 and miR-146a expression (log2 fold change: 2.1; adjusted p<0.001). Integrating fMRI and miRNA features improved prediction by 22% over single-modality models, with resilient patients scoring 10.4 points higher in psychosocial functioning (p<0.01). **Conclusions:** This study provides a robust framework for decoding resilience in TRD using AI-driven multi-omics integration, offering novel perspectives for targeted interventions in precision psychiatry.