

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏢 Poster
Session Hall (Foyer 1)

Poster 25

[P-25-01]

Factors affecting the experience of suicidal thoughts among Korean adolescents under significant stress: Based on the Korea Youth Risk Behavior Survey

*Boram Chae, Jongha Lee (Korea University Ansan Hospital(Korea))

[P-25-02]

Exploring key resilience domains linking symptoms of depression and anxiety, perceived stress, and academic expectation stress – using a network approach

*Kee Juan Yeo¹, John Chee Meng Wong^{1,2}, Shen Liang¹, Dennis Kom³, Victoria Fee³, Ruochen Du¹, Qai Ven Yap¹, Natalie Cheok Ling Lei¹, Natalie Huijing Yap¹, Muhammad Nabil Syukri Bin Sachiman¹, Nicholas En-Ping Sii¹, Michelle Jing Si Wan¹, Jie Yu Teoh¹, Leoniek M Kroneman¹, Daniel Fung⁴, Say How Ong⁴, Cheong Sing Tian^{1,2}, Jia Ying Teng^{1,2}, Tze Pin Ng¹, Frank Verhulst⁵ (1.National University of Singapore(Singapore), 2.National University Hospital(Singapore), 3.Ministry of Education(Singapore), 4.Institute of Mental Health(Singapore), 5.Erasmus University Medical Center(Netherlands))

[P-25-03]

Development of a localised school-based resilience intervention in Singapore – the *Resilience Intervention for Social Emotional wellbeing (RISE)*

John Chee Meng Wong^{1,2}, *Kee Juan Yeo¹, Dennis Kom³, Victoria Fee³, Natasha Laura Fong², Sarah Kathleen Lam², Li Shan Goh², Daniel Fung⁴ (1.National University of Singapore(Singapore), 2.National University Hospital(Singapore), 3.Ministry of Education(Singapore), 4.Institute of Mental Health(Singapore))

[P-25-04]

Identity Discontinuity and Incoherence as Mediators Between Childhood Adversity and Internalising Disorders: Clinical and Cultural Implications

*Brenda Lio Liaw Wen¹, John Chee Meng Wong¹, Liang Shen¹, Dennis Kom³, Victoria Fee³, Ruochen Du¹, Qai Ven Yap¹, Natalie Cheok Ling Lei¹, Natalie Huijing Yap¹, Muhammad Nabil Syukri Bin Sachiman¹, Nicholas En-Ping Sii¹, Michelle Si Wan Jing¹, Jie Yu Teoh¹, Leoniek M Kroneman¹, Daniel Fung², Say How Ong², Cheong Sing Tian¹, Jia Ying Teng¹, Tze Pin Ng¹, Frank Verhulst⁴ (1.National University of Singapore (NUS)(Singapore), 2.Institute of Mental Health (IMH)(Singapore), 3.Ministry of Education (MOE)(Singapore), 4.Erasmus University Medical Center(Netherlands))

[P-25-05]

Shame, Silence, and Selfhood: A Systematic Review on the Mental Health of Homosexual Male Adolescents in Asian Cultural Contexts

*Claudya Hadilianti¹, Charlotte Alyssia Jonatan¹, Darien Alfa Cipta^{1,2} (1.Department of Medicine, Universitas Pelita Harapan, Tangerang, Banten, Indonesia(Indonesia), 2.Department of Psychiatry, Siloam Hospital Lippo Village, Tangerang, Banten, Indonesia(Indonesia))

[P-25-06]

The Role of Gender in Perceived Parental Rejection and Psychological Resilience Among Singaporean Adolescents

*Evangeline Si En Yeoh¹, John Chee Meng Wong^{2,3}, Kee Juan Yeo², Tessa Li Xiang Low², Brenda Liaw Wen Lio², Daniel Fung⁴, Say How Ong⁴, Cheong Sing Tian³, Natalie Cheok Ling Lei², Jie Yu Teoh², Natalie Huijing Yap², Dennis Kom⁵, Victoria Fee⁵, Frank Verhulst⁶ (1.Yong Loo Lin School of Medicine, National University of Singapore(Singapore), 2.Department of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore(Singapore), 3.Department of Psychological Medicine, National University Health System(Singapore), 4.Department of Developmental Psychiatry, Institute of Mental Health (IMH)(Singapore), 5.Student Development Curriculum Division, Ministry of Education (MOE)(Singapore), 6.Erasmus University Medical Center(Netherlands))

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏛️ Poster
Session Hall (Foyer 1)

Poster 25

[P-25-01] Factors affecting the experience of suicidal thoughts among Korean adolescents under significant stress: Based on the Korea Youth Risk Behavior Survey

*Boram Chae, Jongha Lee (Korea University Ansan Hospital(Korea))

Keywords : Adolescent、 Suicidal Ideation、 Academic Stress、 Korea Youth Risk Behavior Survey

Objective

The study aims to identify risk factors influencing suicidal thoughts in adolescents experiencing significant stress and depressive symptoms.

Methods

The study utilizes from the Korea Youth Risk Behavior Survey (KYRBS) data involving 619,331 nationally representative middle and high school students aged 12–18 years in South Korea. Stratified multi-cluster sampling was employed. Statistical analyses, including Rao-Scott chi-square tests and multiple logistic regression, were conducted to identify factors associated with suicidal thoughts among them. Variables examined included gender, academic performance, economic status, health perception, dietary habits, physical activity, and violence experience.

Results

The study revealed significant associations between suicidal ideation and factors such as gender, city size, school grade, perceived academic performance, perceived economic status, self-perceived health, body image perception, breakfast frequency, sweetened beverage consumption frequency, fast food consumption frequency, caffeine intake frequency, physically active days, walking days, participating physical education, effort to control weight, sleep satisfaction, alcohol consumption days, smoking days, time spent studying on weekdays, time spent studying at weekend and violence experience ($p < 0.001$). Among those, females, low academic performance, negative perceptions of health, experiencing violence, and fast food consumption were found to have higher odds of suicidal thoughts.

Conclusion

Gender, academic achievement, health perception, fast food consumption, and violence experience emerged as significant risk factors for suicidal thoughts among Korean adolescents facing substantial stress. Findings underscore the importance of tailored interventions and education to promote mental health awareness and prevent adverse outcomes.

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏢 Poster
Session Hall (Foyer 1)

Poster 25

[P-25-02] Exploring key resilience domains linking symptoms of depression and anxiety, perceived stress, and academic expectation stress – using a network approach

*Kee Juan Yeo¹, John Chee Meng Wong^{1,2}, Shen Liang¹, Dennis Kom³, Victoria Fee³, Ruochen Du¹, Qai Ven Yap¹, Natalie Cheok Ling Lei¹, Natalie Huijing Yap¹, Muhammad Nabil Syukri Bin Sachiman¹, Nicholas En-Ping Sii¹, Michelle Jing Si Wan¹, Jie Yu Teoh¹, Leoniek M Kroneman¹, Daniel Fung⁴, Say How Ong⁴, Cheong Sing Tian^{1,2}, Jia Ying Teng^{1,2}, Tze Pin Ng¹, Frank Verhulst⁵ (1.National University of Singapore(Singapore), 2.National University Hospital(Singapore), 3.Ministry of Education(Singapore), 4.Institute of Mental Health(Singapore), 5.Erasmus University Medical Center(Netherlands))

Keywords : Resilience, Network Analysis, Depression and Anxiety Symptoms, Perceived and Academic Expectation Stress, Adolescence

Resilience is a well-established protective factor against the early onset of mental health disorders. However, its broad construct, encompassing many protective elements, can be challenging to target comprehensively. This study hence explores how specific resilience mechanisms can protect against mental health distress within Singapore's context of high academic pressure and prevalent internalising symptoms within adolescence.

A network approach is employed to (1) examine reciprocal relationships between resilience, anxiety and depressive symptoms, perceived stress, and academic expectation stress, and (2) identify key resilience domains that bridge these constructs. Data from 3,336 adolescents (54.5% female, M age = 13.6 years) in the Singapore Youth Epidemiology and Resilience (YEAR) study were analysed. Resilience was assessed using the Singapore Youth Resilience Scale (10 nodes), withdrawn and anxious depressed symptoms using the Youth Self Report (2 nodes), perceived helplessness and perceived self-efficacy (R) using the Perceived Stress Scale (2 nodes), and academic expectation stress (self and others) using the Academic Expectations of Stress Inventory (2 nodes). Bootstrapping found general high stability, accuracy, and significant differences between the identified edges and centrality scores for interpretation.

Among resilience nodes – Positive Self-Image (PSI), Personal Control (PC), Emotion Regulation (ER), and Social Support (SS) – had the highest bridge strength and showed strong unique direct inverse relationships with the symptom and/or stress nodes, suggesting their protective role. SS and PSI were linked with withdrawn depressed symptoms, PSI, PC and ER with anxious depressed symptoms, ER with perceived helplessness and positively with perceived self-efficacy, and PC with both academic expectation stresses. Personal confidence emerged as the most central node in the network (highest node strength), connecting to key bridging nodes PSI, ER, and SS – suggesting its foundational role in building and reinforcing resilience's protective effects.

These findings provide a preliminary understanding of resilience mechanisms to target in preventative strength-based adolescent mental health interventions.

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏢 Poster
Session Hall (Foyer 1)

Poster 25

[P-25-03] Development of a localised school-based resilience intervention in Singapore – the *Resilience Intervention for Social Emotional wellbeing (RISE)*

John Chee Meng Wong^{1,2}, *Kee Juan Yeo¹, Dennis Kom³, Victoria Fee³, Natasha Laura Fong², Sarah Kathleen Lam², Li Shan Goh², Daniel Fung⁴ (1.National University of Singapore(Singapore), 2.National University Hospital(Singapore), 3.Ministry of Education(Singapore), 4.Institute of Mental Health(Singapore))

Keywords : Resilience、 Preventative intervention、 Internalising symptoms、 Randomised control trial、 Adolescence

Adolescence is a developmental stage known for the emergence of psychopathological symptoms, which, if unaddressed early, contribute to health burdens in adulthood. The **Singapore Youth Epidemiology And Resilience (YEAR) study** found that 37.3% of adolescents reported clinical levels of internalising symptoms, with 23% also exhibiting low resilience. Another 10.9% of adolescents reported no symptoms but had equally as low resilience levels. This underscores the need for upstream interventions that target symptoms through building protective factors like resilience.

This poster outlines the development of the *Resilience Intervention for Social Emotional wellbeing (RISE)*, Singapore's **first localised school-based resilience intervention** targeting stress, depression, and anxiety symptoms in adolescents. *RISE* focuses on four key resilience domains – personal control, social support, optimism, and emotion regulation – identified in YEAR as protective factors against anxiety, and depressive symptoms, perceived stress, and academic expectation stress. The intervention includes six to eight adolescent sessions adapting (1) cognitive-behavioural principles – cognitive triangle, emotion awareness, cognitive reappraisal, relaxation, and problem solving; (2) strength-based approaches – identifying and utilising strengths in everyday challenges; (3) interpersonal skills – interpersonal effectiveness and support systems. Additionally, two parent sessions will be complemented by providing psychoeducation on adolescent needs in the local setting, role modelling, and self-regulation to foster a supportive home environment and guide adolescents to build their resilience. Content is aligned with the Singapore Education Ministry's national Character and Citizenship Education (CCE) curriculum of instilling social-emotional competencies in students.

Effectiveness will be tested through a randomised controlled trial comparing the intervention group (CCE + *RISE*) with a waitlist control group (CCE only). 180 adolescents (and their parents), from collaborating secondary schools, identified with high internalising symptoms and/or low resilience (in the four core domains) will be invited. Adolescents will be assessed on their mental health symptoms, perceived stress, and resilience at pre-intervention, post-intervention, and 4 months post-intervention.

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏛️ Poster
Session Hall (Foyer 1)

Poster 25

[P-25-04] Identity Discontinuity and Incoherence as Mediators Between Childhood Adversity and Internalising Disorders: Clinical and Cultural Implications

*Brenda Lio Liaw Wen¹, John Chee Meng Wong¹, Liang Shen¹, Dennis Kom³, Victoria Fee³, Ruochen Du¹, Qai Ven Yap¹, Natalie Cheok Ling Lei¹, Natalie Huijing Yap¹, Muhammad Nabil Syukri Bin Sachiman¹, Nicholas En-Ping Sii¹, Michelle Si Wan Jing¹, Jie Yu Teoh¹, Leoniek M Kroneman¹, Daniel Fung², Say How Ong², Cheong Sing Tian¹, Jia Ying Teng¹, Tze Pin Ng¹, Frank Verhulst⁴ (1.National University of Singapore (NUS)(Singapore), 2.Institute of Mental Health (IMH)(Singapore), 3.Ministry of Education (MOE)(Singapore), 4.Erasmus University Medical Center(Netherlands))

Keywords : adverse childhood experiences、depression、anxiety、adolescence、identity development

Introduction

Adverse childhood experiences (ACEs) are well-established risk factors for depression and anxiety. Identity formation is a central developmental task during adolescence, and early adversity may disrupt normative identity development. This study examines whether identity diffusion; specifically the dimensions of identity discontinuity and incoherence—mediates the relationship between ACEs and internalising disorders, offering insights for targeted, culturally informed interventions in adolescent mental health.

Methods

Data were extracted from the nationwide Youth and Epidemiology and Resilience Study (YEAR), a nationwide survey involving Singaporean adolescents aged 11–18. High-risk youth (≥ 75 th percentile on the Youth Self Report) and a randomly selected 10% of low-risk youth completed the Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) interview, which included ACEs assessment. Identity diffusion was measured using the Assessment of Identity Development in Adolescence (AIDA), comprising subscales of discontinuity and incoherence.

Results

The analysis included 459 participants ($M_{age} = 14.0$, $SD = 2.26$). Parallel mediation models showed that identity diffusion fully mediated the associations between ACEs and both depression and anxiety disorders. For depression, both discontinuity ($\beta = .20$, $p < .001$) and incoherence ($\beta = .21$, $p < .001$) had moderate indirect effects (total indirect $\beta = .40$). For anxiety, indirect effects were smaller (discontinuity: $\beta = .15$; incoherence: $\beta = .18$), but still significant (total indirect $\beta = .33$, $p < .001$). The direct effects of ACEs on both outcomes were non-significant. Identity incoherence showed a slightly stronger mediating effect across both outcomes.

Conclusion

Findings highlight identity diffusion, particularly incoherence—as a key mechanism linking ACEs to depression and anxiety. For adolescents who experienced ACEs, interventions should prioritise strengthening self-consistency, autonomy, and cognitive self-experiences. Addressing these specific areas of identity incoherence may enhance the effectiveness of targeted interventions and inform culturally responsive clinical strategies in adolescent mental health.

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏢 Poster
Session Hall (Foyer 1)

Poster 25

[P-25-05] Shame, Silence, and Selfhood: A Systematic Review on the Mental Health of Homosexual Male Adolescents in Asian Cultural Contexts

*Claudya Hadilanti¹, Charlotte Alyssia Jonatan¹, Darien Alfa Cipta^{1,2} (1.Department of Medicine, Universitas Pelita Harapan, Tangerang, Banten, Indonesia(Indonesia), 2.Department of Psychiatry, Siloam Hospital Lippo Village, Tangerang, Banten, Indonesia(Indonesia))

Keywords : Homosexual adolescents、Asian cultural values、Mental health disparities、Internalized stigma、Suicide risk

Background: Homosexual male adolescents in Asia experience elevated mental health risks, shaped by sociocultural expectations around family honor, religious morality, and heteronormative conformity. Silence around sexuality, reinforced by collectivist values, often results in emotional suppression and stigma internalization. **Objectives:** To review empirical evidence on mental health outcomes, psychosocial risk and protective factors, and cultural mechanisms influencing homosexual male adolescents in Asia. **Methods:** This review synthesized findings from 11 studies conducted between 2014 and 2024 across China, South Korea, Thailand, Indonesia, India, and Asian diaspora populations. Included studies focused on adolescents aged 12–24, examining depression, anxiety, suicidal ideation, and sleep disturbances. **Results:** Mental health disparities were evident across diverse Asian contexts. Chinese adolescents identifying as sexual minorities reported significantly higher rates of suicidal ideation (up to 36%) and poor sleep quality, often mediated by bullying and family pressure. In South Korea, suicide attempts among homosexual males were significantly associated with substance use and lack of cohabitation with family. Thai transgender youth exhibited elevated risks of depression and sexual risk behaviors tied to social isolation and family rejection. In diaspora populations, guilt and shame linked to cultural identity were major predictors of anxiety and depression. Consistent risk factors included family rejection, school bullying, and legal discrimination. Protective elements included peer support, LGBTQ-affirming school climates, and youth-oriented outreach programs. **Discussion:** Findings underscore the role of cultural frameworks in shaping mental health vulnerabilities. Concepts like filial piety, religious taboo, and face-saving behaviors reinforce emotional restraint and stigma. Mental health interventions must be culturally tailored, integrating family education, school reform, and community engagement to enhance resilience and reduce disparities for homosexual male adolescents in Asia.

Poster

📅 Sun. Sep 28, 2025 10:00 AM - 11:00 AM JST | Sun. Sep 28, 2025 1:00 AM - 2:00 AM UTC 🏛️ Poster
Session Hall (Foyer 1)

Poster 25

[P-25-06] The Role of Gender in Perceived Parental Rejection and Psychological Resilience Among Singaporean Adolescents

*Evangeline Si En Yeoh¹, John Chee Meng Wong^{2,3}, Kee Juan Yeo², Tessa Li Xiang Low², Brenda Liaw Wen Lio², Daniel Fung⁴, Say How Ong⁴, Cheong Sing Tian³, Natalie Cheok Ling Lei², Jie Yu Teoh², Natalie Huijing Yap², Dennis Kom⁵, Victoria Fee⁵, Frank Verhulst⁶ (1.Yong Loo Lin School of Medicine, National University of Singapore(Singapore), 2.Department of Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore(Singapore), 3.Department of Psychological Medicine, National University Health System(Singapore), 4.Department of Developmental Psychiatry, Institute of Mental Health (IMH)(Singapore), 5.Student Development Curriculum Division, Ministry of Education (MOE) (Singapore), 6.Erasmus University Medical Center(Netherlands))

Keywords : Parental rejection、 Psychological resilience、 Adolescents、 Gender differences、 IPARTheory

Background

According to the Interpersonal Acceptance-Rejection Theory (IPARTheory), perceived parental rejection contributes to psychological maladjustments. Cultural constructs such as *guan* are observed in many Asian societies, where parental control is expressed as concern and may influence how parental behavior is interpreted. Gender differences further complicate this. This study aims to investigate **whether gender moderates the relationship between perceived maternal and paternal rejection and psychological resilience** among Singaporean adolescents aged 11–18.

Methods

Data from 454 participants in the Youth Epidemiology and Resilience (YEAR) study were analyzed. Adolescents completed the Parental Acceptance-Rejection Questionnaire (PARQ) and the Singapore Youth Resilience Scale (SYRESS), which scores resilience across 10 domains. Pearson's correlations and linear regressions assessed associations between parental rejection and resilience. Moderation analyses tested gender interactions on total and domain-specific resilience outcomes.

Results

Maternal and paternal rejection were significantly associated with lower overall resilience, as reflected in total SYRESS scores ($r = -0.36$ and $r = -0.30$ respectively; $p < 0.001$), with maternal rejection as a stronger predictor of reduced resilience ($\beta = -0.974$, $p < 0.001$). Moderation analyses by domain revealed three significant interactions ($p < 0.05$) where gender shaped the impact of perceived parental rejection on specific aspects of resilience:

- **Paternal** rejection had the strongest negative impact on the perseverance/commitment domain among **male** adolescents.
- **Maternal** rejection had the strongest negative impact on the Positive Self-Image/Optimism and Personal Control domains among **female** adolescents.

Conclusion

Parent-adolescent relationships characterised by warmth, emotional support, and open communication can foster psychological resilience in youth. Emotionally available and nurturing fathers are likely to foster perseverance and commitment in their sons; traits crucial for navigating adolescence and obligations like National Service in Singapore. Greater maternal involvement, such as modelling healthy self-esteem and open emotional expression may help mitigate common challenges faced by female adolescents such as negative self-image and disordered eating. Gender-sensitive approaches are essential to the development of a psychologically healthy generation in Singapore.