The MLAC team through the leadership of Dr. Ma. Lourdes (Honey) Carandang would like to share their experiences working with adolescents who journey through depression, suicide, and anxiety. An overall framework will be presented by Dr. Ma. Lourdes A. Carandang and individual case presentations will be shared by the rest of the MLAC team. Using the concept of Thomas Moore’s “Care of the Soul,” the case presentations will also show how listening to another person’s journey through sadness and recognizing one’s inner processes can allow practitioners to better understand the meaning of certain mental health issues. This learning session will also expound on how family, and other social affiliations can serve as a strong collective support to alleviate sadness and promote healing, through play and mindfulness-based expressive arts.

**Symposium 1: A2**
**INTERSECTIONALITY IN LGBT PSYCHOLOGY: EXPERIENCES OF DIVERSE LGBT FILIPINOS**
*Beatriz A. Torre*  
*Convener*

**FROM SILENT TO RESILIENT: EXPLORING THE VOICES OF FILIPINO DEAF GAY MEN EMPLOYEES IN HEARING WORKPLACES**
*Angelbert Z. Hernandez*  
*De La Salle – College of Saint Benilde*  
*Estephanie Therese C. Daga*  
*St. Scholastica’s College Manila / De La Salle – College of Saint Benilde*

Persons belonging to minority groups such as being deaf and being LGBT face lots of challenges especially if one is a member of both. This study sought to investigate the experiences of Filipino deaf gay men employed in hearing workplaces. Participated by five deaf gay men employees from Metro Manila, Philippines with age ranging from 27-37 years old, the data were gathered through personal data sheet and in-depth interviews. Utilizing case study approach, results were analyzed through thematic analysis. Findings revealed that the greatest factor of challenges in the workplace of Filipino deaf gay men employees are their identity while coping strategies commonly used are through altering mindsets, social support and breaking barriers in...
communication. Implications for counseling, labor practices and future research has also been discussed.

AGI NGA ATI UKON ATI NGA AGI?: A NARRATIVE ANALYSIS OF THE COMING OUT STORIES OF ATI GAY MEN
Julia Patricia Echarri
University of the Philippines Visayas-Miagao

Literature on the coming out of gay individuals have often revealed that there are various influences that impact the way upon which their gay identities are disclosed. My study investigated how ethnicity aligned itself in the coming out stories of six self-identified Ati gay men. Understanding their coming out narratives, I utilized the life story approach by McAdams (1995) through which participants were asked to share their experiences during their coming out. The structures of their narratives were then anchored on Labov’s (1972) six elements: abstract, orientation, complicating action, evaluation, resolution, and coda. Their individual accounts revealed that they have accepted and self-identified themselves as gay. However, some have explicitly disclosed their gay identities to other people while some have not. They have all shared that they felt no need for them to disclose their sexual identity to other people, since it was implied and apparent in their behaviors. As I looked closely into their narratives, each are unique across cases. Most participants’ narratives have revealed that their gay identity is a separate aspect from their Ati identity, as the richness of their stories with regards to their gay identities are more salient than with their Ati identities. These suggest that the coming out narratives of Ati gay men may be saliently oriented by their gay identities as it is relatively separate from their Ati identities. My investigation may have implications on the context of intersectionality within the coming out process particularly for gay men whose sexual identities may blur cultural and ethnic lines of identity.

PAGLAGLAG NG KAPA: AN ANALYSIS OF DEFEMINIZED ANDROSEXUAL MEN’S GENDER-RELATED EXPERIENCES AND SENSEMAKING
John Bert C. Tutisura
University of the Philippines Visayas

Many androsexual men who are characteristically feminine during childhood and/or adolescence become markedly masculine by adulthood through the process of defeminization. My study aimed to explore this relatively underresearched phenomenon, specifically, the experiences and sensemaking involved in it. With Interpretative Phenomenological Analysis (IPA) as framework, I gathered data by conducting semi-structured interviews with six androsexual men of homogeneous sociodemographic background. The collected data were then subjected to the four-step analysis prescribed by IPA. From the findings, I learned that the general gender-related experiences of defeminized androsexual men include living in a gender-salient environment, thriving in a gender-restrictive environment, engaging in gender performance, encountering gender-focused responses, and undergoing a
gender transition. Moreover, I also found that the general sensemaking involved in the phenomenon include the forming and reforming of gender conceptions. Grounding on the findings, I generated ideas that contribute to the extant literature on defeminization, Queer Theory, and IPA. Also, I brought forth arguments that may be relevant to anti-discrimination policymakers and non-academic parties interested in the dynamics of defeminization. Finally, with my study’s scope and limitations as bases, I made recommendations for future research with defeminization as the topic and IPA as the approach.

DYOSA/DUSA?: A POSITIONING ANALYSIS OF CONTESTANTS IN SUPER SIREYNA AND SUFFER SIREYNA
Mira Alexis P. Ofreneo
Ateneo de Manila University
Emmanuel B. Parreño
Don Honorio Ventura State University

Following an essentialist perspective, available research has largely equated lesbian, gay, bisexual, and transgender (LGBT) people with discrimination. However, other studies have documented that in some spaces, LGBT people are able to obtain recognition. Extant literature nevertheless continues to be silent on the discursive production by which LGBT people experience discrimination or secure recognition. This study explored how discrimination or recognition among LGBT people is discursively produced in social interactions. We argue that LGBT identities do not always inherently evoke discrimination. Rather, these identities are ascribed personal and moral attributes to produce discrimination or recognition. In locating how these social categories are assigned attributes, we looked at two popular segments in Eat Bulaga!, a popular noontime television show in the Philippines. Using intersectional positioning as lens, we specifically explored how personal and moral attributes are ascribed to the bakla, gay men, and transgender women candidates in Suffer Sireyna and Super Sireyna pageants. Implications of the results of the study are discussed in terms of how the duty to accept ridicule and the right to gain respect are ascribed among the candidates as well as their corresponding material consequences. Keywords: discrimination, recognition, positioning theory, discourse, LGBT persons, pageants

AN EVALUATION OF A SCHOOL-BASED IMPLEMENTATION OF A SUBSTANCE ABUSE PREVENTION PROGRAM
Rafael Salamat & Angelique Villasanta
Ateneo de Manila University
Danielle P. Ochoa
University of the Philippines-Diliman

Sulong Kabataan is a life-skills program for substance abuse prevention. The program
has been previously implemented among the urban poor youth in a community setting, where we observed increase in overall life skills and alcohol refusal confidence, and general participant satisfaction with the program. Given these initial promising findings, we wished to explore the program’s feasibility in a school setting and gather further evidence of its impact. Trained facilitators implemented the program among three groups of Grade 7 students and three groups of Grade 10 students in a public high school (N = 52). We present analysis from the following sources: 1) process observer notes, 2) facilitators’ post-session evaluations, 3) qualitative feedback from participants, and 4) pre and post test scores on life skills and refusal confidence. From this analysis, we discuss issues salient in implementing interventions in a school setting. We also make recommendations for training facilitators and preparing institutions for program implementation.

KW: Drug Recovery & Addiction Science

A PILOT EVALUATION OF A COMMUNITY-BASED DRUG RECOVERY PROGRAM (KKDK)
Trixia Anne C. Co, Camille Therese C. Yusay, Jennel Drezza Fe C. Reyes, Avegale C. Acosta, Ma. Regina M. Hechanova, PhD & Arsenio S. Alianan, Jr., PhD
Ateneo de Manila University
Antover Tuliao
Texas Tech University

The Katatagan Kontra Droga sa Komunidad (KKDK) is the response of the Psychological Association of the Philippines (PAP) to the government’s war on drugs. It is a community-based drug recovery program for persons identified with low to mild drug use. This study presents results of the initial pilot study of the KKDK involving mixed methods. A pretest-posttest design was conducted among 194 participants who voluntarily surrendered from Metro Manila communities. Comparisons of self-ratings of participants at the start and at the end of the KKDK were made across the following areas: self-efficacy, drug recovery skills, life skills, family support, and wellbeing. Themes from interviews with 10 participants from the first community that underwent the KKDK were also analyzed representing the qualitative data of the study. Quantitative results showed significant changes across the various areas measured, and qualitative themes revealed recovery processes that may warrant further study. More robust effectiveness studies of the KKDK is recommended.

KW: Drug Recovery & Addiction Science

ORO WELLNESS CENTER: CAGAYAN DE ORO’S ONE-STOP SHOP DRUG REHABILITATION FACILITY
Nerissa Redoble-Buot
Department of Health-Treatment and Rehabilitation Center, Cagayan de Oro City

Using case study as an approach to exploring the development, implementation and impact of a community-based intervention, the research narrates the journey of Cagayan de Oro City in achieving their dream of having a drug-free community. Pursuant to the national directive of providing an effective mechanism to re-integrate drug surrenderees into mainstream society, the CDO City Anti-Drug Abuse Council (CADAC)
conducted series of consultations and meetings to develop a community-based drug rehabilitation program (CBDRP). These series of consultations resulted to the creation of Oro Citizen’s Wellness and Development Center or the Oro Wellness Center - a one-stop shop drug rehabilitation facility. Utilizing local resources, Oro Wellness trained and empowered volunteers from different barangays of CDO so that they would become drug rehabilitation program implementers in the community. At present, majority of the barangays with their own local sustainable workforce are actively implementing the CBDRP in their respective barangays. These community-based volunteers are working closely with Oro Wellness to provide holistic interventions for the drug surrenderees. The mechanism of empowering the local workers in the barangay through the local government unit sustains the delivery of different community-based drug rehabilitation programs and activities in the different barangays.

KW: Drug Recovery & Addiction Science

FAMILY FUNCTIONING AND CODEPENDENCY AMONG FAMILY MEMBERS OF RESIDENTS IN DRUG TREATMENT REHABILITATION CENTERS

Vicky C. Mergal, Levy M. Fajanilan, Flor Villa P. Marticio, Sheryl Ann M. Castillo, Mylene S. Gumarao & Myrtle C. Orbon
Adventist University of the Philippines

Drug addiction affects not just the residents but the whole family system. The study considered the family members of the residents as respondents of the study. Specifically, the study looked into the family functioning of the family members in terms of problem solving, communication skills, and goal setting. In addition, codependency was measured in terms of self-sacrifice, reactivity and external focus. The respondents of the study were 141 family members of the residents admitted in the treatment and rehabilitation centers from the selected provinces in the Philippines. The respondents completed survey questionnaires which measured family functioning and codependency. The results have shown that the respondents are good in solving problems (M=3.91; SD = 0.75) within their family, has good skills in communicating (M=3.96; SD= 0.77) with each other and are good in setting family goals (M=3.92; SD=0.73). Further, the respondents have high level of self-sacrifice (M=3.70; SD=0.62) and external focus (M=3.99; SD=0.59) which means that they prioritize addressing the needs of others even at their own expense. Moreover, the correlation result has shown significant positive relationship between family functioning and codependency which implies that the better the interaction and relationship within their family, the higher their level of codependency. The study concludes that family plays a significant role in the emotional dependency of a person with others.

KW: Clinical Psychology, Developmental Psychology, Drug Recovery & Addiction Science, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology
THE BEHAVIORAL STATUS OF CHILDHOOD ACUTE LYMPHOBLASTIC LEUKEMIA SURVIVORS
Angelita Sievert-Fernandez, PhD
Philippine Children’s Medical Center

Improvements in the treatment of cancer in children and adolescents mean that today more than two-thirds of childhood cancer patients survive. The psychosocial implications of living after cancer have therefore increasing relevance. This study endeavored to assess the behavioral status of 30 childhood Acute Lymphoblastic Leukemia (ALL) survivors, aged 7 to 16 years old, randomly selected from a database and who completed at least one year of chemotherapy treatment. Specifically, the study compared ALL survivors with an age- and sex-matched control population composed of students from a school in Quezon City. The Behavior Assessment System for Children® - Second Edition (BASC-2) was utilized. Data was described using means, standard deviations, frequency counts and percentages and independent t-test was used for the comparison of the mean scores. Results showed both groups were statistically similar on School Problems, Inattention/Hyperactivity, Emotional Symptoms Index and Personal Adjustment. Significant difference was observed between the two groups on Internalizing Problems, with mean score of the matched group higher as compared to the survivors. Results can inform hospital-based programs, as well as, survivor programs on ways to support children in adjusting effectively to their healthcare experiences.

KW: Counseling Psychology, Developmental Psychology

FELT NEEDS OF PARENTS OF CHILDREN WITH CANCER AND ITS IMPLICATIONS TO PARENT PROGRAMS
Angelita Sievert-Fernandez, PhD & Nina Nerissa Sumpaico Jose
Philippine Children’s Medical Center

A child’s life-threatening illness has a profound effect on all dimensions of family life as families are affected emotionally, psychologically and financially. In the Philippines, many other factors may come into play when a child is diagnosed with cancer, including inadequate education to understand the disease, the need to travel great distances for treatment and inadequate finances. This study endeavored to understand the felt needs of parents of children with cancer. Through convenience sampling, 31 parents, who are currently caring for their children diagnosed with cancer, took part in the study. Four focus group discussions were conducted and information was gathered regarding the lived experiences and felt needs as a parent of a chronically ill child. Thematic analysis was utilized to analyze the data gathered. Findings showed positive and negative experiences in the broad themes of Support, Information, Treatment-Related and Hospital-Related. Results will inform hospital-based parent
programs that can provide support and can help parents better able to navigate their children’s healthcare experiences and effectively cope with caring for a chronically ill child.

KW: Counseling Psychology, Developmental Psychology

MENTAL HEALTH OF FILIPINO YOUTH LIVING WITH HIV
Allan B. de Guzman, PhD & Marc Eric S. Reyes, PhD
University of Santo Tomas
Benny S. Soliman
Tarlac Agricultural University

In the Philippines, there is an alarming increase of HIV cases among young people, yet, there is a paucity of literature investigating their mental health. Hence, this study was conducted to explore the mental health of Filipino youth living with HIV (YLHIV) utilizing mixed-research approach specifically the sequential explanatory design. The results showed that they obtained a low Mental Health Index, indicating a negative state of mental health. Moreover, the study found that 72% of the participants had mild to severe depression and 44% of them had thoughts of suicide. Further, three themes characterizing their mental health emerged from the phenomenological interview: “the gray area,” “the dark zone,” and “the silver lining.” The “gray area” refers to the misconception of the participants about HIV which contribute to their social and psychological challenges or the “dark zone.” However, despite their difficulty, they look at the situation with a “silver lining.” Based on the findings, it can be concluded that poor mental health is evident in this sample. Therefore, early screening of their mental health status should be made available. Moreover, development and provision of mental health programs for YLHIV is highly recommended.

KW: mental health, mental hygiene, human immunodeficiency virus (HIV), youth living with HIV (YLHIV), suicide, depression.

THE "WHERE" IN HIV CARE: UNPACKING HIV-POSITIVE MSM’S NARRATIVES OF TREATMENT ADHERENCE
Augil Marie Q. Robles
University of the Philippines Visayas

This study explores the spatial constitution of adherence to antiretroviral therapy (ART) using a Deleuzian narrative approach which traces the emergence of health from the body’s recursive connections within emplaced assemblages. Engagement in antiretroviral therapy among HIV-positive men who have sex with men (MSM) is contextualized within the discursive-materiality of the therapeutic landscape for HIV Care in the Philippines. Combining qualitative data from field visits and semi-structured interviews, three key spatial narratives were derived illustrating how adherence to ART unfolds in place: (a) The Burden of Accessing Antiretroviral Therapy in an Unwelcoming Treatment Hub, (b) The Struggle and Relief of Initiating Antiretroviral Therapy in an Unsafe and Safe Home, and (c) The Strain of Managing Antiretroviral Therapy in a Punitive Workplace. The results illustrate the spatial, multilayered nature of barriers to ART adherence, proposing insights for the
theorization of adherence as a relational capacity and the use of place-based interventions.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology

KEEP HOLDING ON: A GROUNDED THEORY ON THE RESILIENCE OF MEDICAL INTERNS
Ma. Elizabeth J. Macapagal,
Kenrik Vince G. Lim, Denise Allison T. Khow & Jessica Mae O. Dee
Ateneo de Manila University

Medicine is considered to be one of the most difficult fields of study. However, many still continue to pursue a career in the field despite the inherent stressors. The study employed a grounded theory framework to determine a model that explains their resilience to remain in the field of medicine. The new theory was synthesized from the data acquired through in-depth interviews with 14 medical interns, describing the progression of their experiences of medicine and how significant factors affect these experiences, leading to their decision to stay. The model highlights six interrelated psychological processes that are of significance to the intern’s resilience: the degree of one’s exposure to medicine, external pressure to enter medicine, the difficulties of being in medicine, an incongruent image of an intern, as well as short-term and long-term moderators of stressors.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

CONCEPTUALIZATION OF RESILIENCE: NARRATIVES OF FAMILIES OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDER
Karen D. Sacdalan, PhD
De La Salle University-Manila

This study examined the conceptualization of resilience found in the narratives of parents of individuals with Autism Spectrum Disorder (ASD). The crux of the narratives are the tensions, turning points, and areas of vulnerabilities felt by families during varied life stages. Ten families of various demographic background and experiences participated in the study using a triangulation of data through multiple perspectives of the parent, sibling, and the child with ASD. This study used the narrative inquiry as a method of obtaining information which revealed a new concept of resilience. Resilience is a sequential progression of the concept of: acceptance, adjustment, and advocacy. This new lifespan model of resilience comes varying degrees and intermittently present throughout the developmental lifespan of the child. Six components of resilience were found: faith in God, ASD knowledge, family solidarity, self-efficacy, appropriate interventions, and community support. The sequence of real-life problems, painful memories, and blissful recollections are the focal points that ushered new insights and life lessons of families of children with ASD.
This study underscores the impact of disability, that through time, it created new life orientations and deeper understanding of different of: child-rearing, career, lifestyle, social relationships, death, future, and other life aspirations. In retrospect, the lived experiences of parents contained in the life stories uncovered the ways of seeing the parenting role and the child differently. 

KW: resilience, narratives, parenting, ASD

OUT AND CLOSETED GAY MEN: MEMOIRS OF RESILIENCE AMIDST ANGUISH
Novie John B. Palarisan
Hagonoy National High School

Coming to terms with one's gender identity is fraught with conflict, both internal and external. Accepting one's own homosexuality is a battle with the self and clash with the expected gender roles dictated by society. The anguish that this strife inflicts upon gay men, as they confront themselves and society, has not been well-documented. My study intended to delve into the resilience of accomplished gay men in living with, managing, and resolving the discord inherent in affirming their homosexuality. As I chronicled the agonising life journeys of ten out and ten closeted successful gay men towards acceptance, three themes emerged. First is the excruciating response of the self and society to the need to qualify oneself. The second is the differing struggles in identity integration of gay men. The third is the evolution of personal competence vis-à-vis their decision to come out or stay closeted. The gay men were at the onset unaware of the source of the personal competence that they have achieved. As they disclosed their memoirs, they expressed their realisation that their resilience and eventual personal competence emanated from the anguish of being gay.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology

LIFE AFTER SEX REASSIGNMENT SURGERY
Marc D. Tesico, Amina Thalia B. Germino & Ma. Anthonete A. De Castro
Batangas State University Main I

The study aimed to explore the life of adult trans women after sex reassignment surgery which highlighted the personal and social experiences, as such, on physical, emotional and psychological aspects. The researchers conducted an in-debt interview using a semi-structured questionnaire to obtain the needed data for the study. The findings revealed that life after sex reassignment surgery involved adjustment to femininity, emotional challenges, striving for perfection, treasuring self-value, imbalance support system and total social inclusion. Furthermore, the participants experienced a sense of satisfaction, self-confidence and pleasant relational contact. Nonetheless, due to negative experiences, the participants met unpleasant affinity and a sense of discontent.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology
Most psychology practitioners utilize their skills in psychometrics focused in personnel selection and promotion. Another function where practitioners can leverage the use of assessment is in the area of Training and Organizational Development. In this session, participants will be able to learn how assessment instruments can be utilized as strategic management tools in the implementation of various training and development programs. This session will provide a guide how to make relevant assessment tools that will impact in the implementation of various HR functions like succession planning, management development, culture management, quality improvement etc. to the achievement of the business plan of the organization. Specifically the session will cover how to implement a competency based approach in a five step cycle training and development used successfully in most organizations to strengthen commitment of participants to pursue their own development.

KW: Assessment Psychology, Industrial-Organizational Psychology, Teaching Psychology

CHED Memorandum Order no. 34, s. 2017 includes Psychological Statistics and Experimental Psychology as required courses for the AB and BS Psychology programs. Both are 5-unit courses which include a laboratory part. The inclusion of these two courses in the CHED psychology curriculum indicates their central importance in the training and formation of undergraduate psychology students. Yet, psychology students find these courses more difficult than the other required courses probably because of their emphasis on the methodological and quantitative aspects of psychology. In this learning session, the presenter aims to share what she deems as best practices in teaching these two courses from her many years of teaching experience. Inputs from colleagues who have taught these courses will also be part of the sharing. It is hoped that the learnings and insights gained from the session will give the teachers more competence and confidence in handling these courses that could result in their more creative and interesting strategies in teaching these courses. More competent and more creative teachers can make the students learn more effectively and appreciate the value of Psychological Statistics and Experimental Psychology.

KW: Teaching Psychology
General Abstract

One of the challenges facing psychologists is working with survivors of trauma. Another challenge is training and caring for caregivers of these survivors. These two papers present both the rewards and challenges encountered by clinical play therapists. One paper will be about field experiences of a psychologist giving interventions to children who are traumatized (Laguisma-Sison) The second paper deals with the wellness programs that are a necessary part of the training and psychological health of caregivers in these intervention centers (Araneta-de Leon). Children and Trauma: A Psychologist’s Perspective from the Field Beatrix Aileen L Sison, RPsy Philippine Association for Child and Play Therapy RPsy West Visayas State University This presentation chronicles the rewards and challenges faced by a clinical psychologist who is involved in the intervention of children who have experienced trauma. The presentation will include the following: necessary training, exposure, as well as honing of skills; types of cases handled; and, some interventions employed. Gems of wisdom and challenges encountered and recommendations for theory and practice will also be discussed. Caring for the Caregivers: Wellness Programs in Intervention Centers Rosalea Cornelia Araneta-de Leon, MA, RPsy West Visayas State University This presentation details the experiences of a clinical psychologist who is involved in the training and wellness programs for caregivers of children who are traumatised and in difficult circumstances. The process of creating, implementing, and evaluating these programs will be discussed. Rewards and challenges encountered will likewise be shared.

KW: Clinical Psychology

Learning Session 4: B1
CHILDREN EXPERIENCING TRAUMA AND CAREGIVERS’ WELLNESS
Beatrix Aileen L. Sison
Philippine Association of Child and Play Therapy
Rosalea Cornelia A. de Leon
West Visayas State University

Symposium 3: B2
MENTAL HEALTH IN SPORTS PARTICIPATION AND LGBT
Michele Joan D. Valbuena, PhD
Convener

SPORT EXPERIENCES OF LESBIAN, GAY, BISEXUAL AND TRANSGENDER: DISCRIMINATION, CHALLENGES AND BENEFITS
Michele Joan D. Valbuena, PhD & Rochelle Marie Remollo
Silliman University

Interviews were done among members of LGBT. They reported experiences of discrimination from co-athletes, coaches and officers from sport institutions/organizations. Being excluded from joining a dragon boat team because
he was gay, teased as being disqualified from joining a mixed category dragon boat line-up because she looked like a man and made as a laughing stock at a game because she was transgender were few reports of discrimination experiences. Despite those experiences, they reported that being engaged in sport has given them fitness, healthier bodies and general well-being. It has given them opportunities to test their limits, improve themselves beyond what they thought they could become as an athlete, and allowed them to gain friends. One challenge that all of them expressed was going into a training/team environment that feels less safe for them, but because of their love for the sport, they had to find internal ways at coping and surviving the less inclusive sport spaces they are put in.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology Sport and Exercise Psychology

DO YOU EVEN LIFT BRO?: COMPETITION AND MEN’S DRIVE FOR MUSCULARITY
Arlen Sandino V. Barrameda
University of the Philippines -Diliman

Media portrays muscular and normal weight the ideal image of men (Grogan, 2008, in Stephen and Perera, 2014). Consuming these images, men compare their bodies with the norms portrayed in media. Studying the effects of muscularity-idealizing images on self-objectification, Michaels, Parent, and Moradi (2013) found that group averages on body dissatisfaction, body surveillance, and social physique anxiety were higher for sexual minority men compared to heterosexual men; this point is furthered by Doyle and Engeln (2014), citing various studies indicating that sexual minority men suffer from body image disturbance at a significantly higher rate compared to heterosexual men and similar to that of women. Past studies state sexual minorities having higher body issues, but it seems that...
the straight men are more pressured to be muscular due to the social pressures of hegemonic masculinity: males learn being a man by “setting definitions in opposition to a set of others: racial minorities, sexual minorities, and above all, women (Kimmel, 2005, in Vasquez del Aguila, 2014: p.65). In a 2x2x2 between groups, quasi-experimental design, this study found that compared to sexual minorities, straight men have a higher drive for muscularity if they are comparing against someone who is either masculine or muscular.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology

In a 2x2x2 between groups, quasi-experimental design, this study found that compared to sexual minorities, straight men have a higher drive for muscularity if they are comparing against someone who is either masculine or muscular.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology

This study compared levels of Sense of Community and Civic Engagement among government resettlement and self-help housing residents. Based on the Community Infrastructure Theory (CIT), Civic Engagement was measured by Neighborhood Belonging, Perceived Collective Efficacy, and Civic Participation. It was hypothesized that Sense of Community would positively predict Civic Engagement, and that this relationship would be moderated by housing interventions. This study surveyed a total of 216 homeowners of socialized housing intervention units in Quezon City, Philippines, with 110 residents from 4 government-led housing interventions and 106 residents from 5 Gawad Kalinga self-help housing interventions. Sense of Community positively and strongly predicted Civic Engagement. Compared to government-led housing interventions, self-help housing interventions had significantly higher levels of Sense of Community, Neighborhood Belonging, and Perceived Collective Efficacy. However, the relationship between Sense of Community and Civic Engagement was not found to be moderated by housing interventions. This study emphasized the psychosocial effects of socialized housing interventions upon urban poor communities.

KW: Social Psychology

Helping has been conceptualized as a desirable act that people do. However, there is another view of helping called Helping Power Motivation that defined helping as an implicit way of fulfilling power needs. Helping relationships (e.g. teacher-student) satisfies the desire for power. Then there is Social Dominance Orientation, the preference for hierarchy in

INVESTIGATING SOCIAL DOMINANCE ORIENTATION AND GENERATIVITY AS PREDICTORS OF HELPING POWER MOTIVATION: A HIERARCHICAL REGRESSION APPROACH
Emerson C. Ang & Renz Louis T. Montano
De La Salle University

Helping has been conceptualized as a desirable act that people do. However, there is another view of helping called Helping Power Motivation that defined helping as an implicit way of fulfilling power needs. Helping relationships (e.g. teacher-student) satisfies the desire for power. Then there is Social Dominance Orientation, the preference for hierarchy in
the society. The present study investigated the possible explanation for HPM with SDO and Erickson’s generativity as predictors. Professionals and students in the helping professions participated for a total of 315 survey respondents. Hierarchical regression was used in the analysis. SDO Anti-egalitarianism subscale and generativity were found to be the best set of predictors. The study suggests that the hierarchical view of people on society does not predict why people want to help. Instead, they help others in order to keep them safe or teach other people not because they wanted to be perceived as superior but because they want to be generative to the society.

KW: Social Psychology

HOW RELIGIOUS IDENTITY, HOPE AND SELF-ESTEEM INFLUENCE PARTICIPATION IN A RELIGIOUS MASS GATHERING: A PRELIMINARY STUDY ABOUT THE TRASLACIÓN
Homer J. Yabut, PhD
De La Salle University
Whinda Yustisia
Universitas Indonesia
Winnifred Louis
University of Queensland

We investigated the relative importance of religious identity, hope and self-esteem in understanding the participation of people in a religious mass gathering, the Traslación among Catholic devotees in the Philippines. In line with previous research which highlights the important role of religious identity among devotees of religious mass gatherings, we predicted that religious identity influences participation of devotees in the Traslación—a religious mass gathering in the Philippines in honor of the Black Nazarene. Second, we predicted that, aside from religious identity (which is considered as a social factor), person factors such as hope and self-esteem can also influence the participation of the devotees in the Traslación. A survey questionnaire was administered among devotees who participated in the Traslación (N = 329). In the initial model, hierarchical regression results indicate that religious identity was a predictor of participation in the gathering. However, in the second model where person factors were included aside from religious identity, hope and self-esteem were found to be better predictors of participation in the gathering. Further analysis highlights the importance of religious identity in predicting participation in the Traslación via the person factors of hope and self-esteem. The findings highlight the importance of religious identity, hope and self-esteem to understand the participation of people in religious mass gatherings. Implications and directions for future research are discussed.

KW: Clinical Psychology, Social Psychology

SOCIAL JUSTICE AND INCLUSION: ARE WE MAKING A DIFFERENCE AS PSYCHOLOGISTS?
Richard DLC Gonzales, PhD
The World Bank/IBRD

All over the country, many individuals, particularly students, are experiencing marginalization for their physical and learning disabilities, socio-economic status, ethnic and linguistic origins, regional affiliation, gender or sexual identity,
religious beliefs, and to some degree political ideas, and their generational status – “Millennials.” Likewise, over the years, we as psychologists, educators, counselors, and helping professionals have been aiming to include in our set of competences the equity, diversity, and inclusion (EDI), which now being transformed and referred to social justice and inclusion (SJI) and reflects a more active assertion of the values of our professions. This paper discusses how key SJI competence in our professions create the kind of campuses and learning environments that we believe as professionals want to see and function. This paper also contextualizes our roles and responsibilities as professional psychologists and counselors for the Global Education 2030 Agenda through UNESCO, particularly in supporting the Sustainable Development Goals (SDG) Goal 4, which aims to “ensure inclusive and equitable quality education and promote lifelong opportunities for all.” Lastly, it provides some challenges and suggestions in our professions how to promote SJI for all individuals and ensuring everyone has an equal and personalized opportunity for educational and personal development.

KW: Developmental Psychology, Social Psychology

In the history of psychology, implementation of data analytic strategies for medium- and large-sized data sets have often been hampered by availability of computational tools. With the development of computer technology, this has been largely solved. However, the resulting cost of acquiring computer software and the needed quantitative skills for the use of these analytic strategies posed barriers for many local researchers to acquire these tools. With the advent and development of open-source computer software in the last three decades, complex analytical strategies in psychological research like item response theory analysis, cognitive diagnostic modeling, and text analysis are now made more accessible to local researchers. This learning session will identify some open-source software that can aid psychological research. The focus of the session will be on two open-source software for data analysis, R software and Python. A brief history of the software development will be discussed, as well as both the advantages and disadvantages of their use. Basic steps to operate the software will be presented.

Learning Session 5: B4
LEVELLING THE PLAYING FIELD IN RESEARCH, TEACHING, AND PRACTICE THROUGH OPEN-SOURCE SOFTWARE
Candice Baluyot
University of Asia and the Pacific
Alfonso Labao
University of the Philippines-Diliman
Computer Science
Floyd Batongbakal
University of Asia and the Pacific
demonstration of multivariate statistical techniques and machine-learning strategies useful in psychometrics and psychological research will be conducted.

KW: Assessment Psychology, Clinical Psychology, Counseling Psychology, Social Psychology, Teaching Psychology

TEACHING UNDERSTANDING THE SELF: EXPLORING TEACHERS' EXPERIENCES ON OPPORTUNITIES AND CHALLENGES
Randell Joshua Felipe & Ver Reyes, PhD
Pamantasan ng Lungsod ng Marikina

CHED Memorandum Order No. 20, s. 2013 revised the General Education Curriculum offered in all Higher Education Institutions in the Philippines starting academic year 2018. One of the courses offered is called Understanding the Self that aims to help students grasp the basic concepts of personality theories and better understand and manage their personality, self and identity. Based on the narratives of faculty members who have taught the course, thematic analysis showed that handling and addressing personal student concerns and issues (such as suicide, depression, rape, LGBT and peer interaction), aside from the course content and delivery of self-discovery activities and exercises, pose as the most challenging experience in teaching the course. The paper also discusses the implications on how faculty members can better prepare and be equipped in facing the challenges as well as the opportunities for recalibrating the course content, transformational learning experiences, and creating spaces that are safe and inclusive.

KW: Teaching Psychology

TEACHING EXPERIENCES: HOW FILIPINO TEACHERS ACCOMMODATE DIVERSITY AND INCLUSIVITY
Ver Reyes, PhD
Convener

TEACHING FOR SOCIAL CHANGE: EXPERIENCES AND OUTCOMES IN TEACHING LGBT PSYCHOLOGY IN UP VISAYAS
Moniq M. Muyargas & Pierce S. Docena
University of the Philippines-Visayas

Inspired by the trailblazing of LGBT Psychology as a special topics course offered in the Department of Psychology, UP Diliman, the inception of the same course was initiated in UPV Tacloban College (2013) and UPV Miag-ao, Iloilo (2014). Aligned with the PAP’s Code of Ethics (2010) and Statement on Non-Discrimination Based on SOGIE (2011), LGBT Psychology became a course directed to shifting paradigms and pursuing social change through effectual learning outcomes. This paper discusses various key features of the special topics course as it is taught in UP Visayas. Specifically, the course paved way for: gaining momentum of LGBT Rights advocacies; empowering LGBT individuals and groups; partnerships for social movements, policy-making, community projects; creating inclusive environments, safe spaces and social awareness; fueling undergraduate and graduate researches; and the institution of a major elective course (Psychology 188 - LGBT Psychology) into the new curriculum.
of the psychology program in UP Visayas. Initially offered only as a special topics course, LGBT Psychology transcends outcome-based education, student-centered learning outcomes and transformational learning. As the academic topography is beginning to change in the Philippine educational system, teaching LGBT Psychology has become even more relevant and will remain at the forefront of propelling social change.
KW: Teaching Psychology

MENTAL LOAD: TEACHERS’ WORK BEYOND WORK
Pat Kathelyn Dione Datul-Ramirez
Assumption College-San Lorenzo

The qualitative study examined teaching-related and non-teaching-related invisible load of the selected respondents. The participants were four female and four male college instructors who stated through one-on-one interviews their experiences of work including those beyond their job description. The data were analyzed by means of thematic analysis. Pressures from administrators, supervisors, parents, and students could build up the mental load of college faculty. Results show that a bulk of their mental load come from organizational tasks, advising their students, keeping up with school culture and administrative compliance. Most of the identified mental loads are invisible, real and at the same time, exhausting. Implications on teaching performance, work commitment and self-care are discussed.
KW: Teaching Psychology

EXPLORING THE SIGNIFICANT LEARNING OF STUDENTS ON THE SUBJECT UNDERSTANDING THE SELF
Teresita C. Mirafuentes
Ateneo de Davao University

Understanding the self is one of the subjects in the new curriculum for college as mandated by the Commission on Higher Education. This subject is divided into three major parts which the first part seeks to understand the construct of the self from various disciplinal perspectives: philosophy, sociology, anthropology, and psychology. The second part explores some of the various aspects that make up the self: physical, sexual, material/economic, spiritual, and political and the most recent the digital self. The third part identifies three areas of concern for young students: learning, goal setting, and managing stress. Thus, this present study aims to explore which topics most like and least like by the students in understanding the self and explore their reasons why they like most or least the topics. There significant learning of the students on the course as a whole contributes in understanding the linkages between various topics in a collective manner.
KW: Developmental Psychology, Social Psychology, Teaching Psychology
ONLINE PUBLIC’S POSITIONING OF A MURDERED TRANSWOMAN: LOSS OF THE RIGHT TO SYMPATHY AND TO CLAIM JUSTICE
Christoper F. Sasot
Ateneo de Manila University

Transwomen have been experiencing injustice and discrimination throughout history. But do these experiences continue even after death? The objective of this study is to identify the positions ascribed to a murdered transwoman that justifies the crime, and removal her right for sympathy and to claim justice, made by the public in the online sphere, using positioning theory as framework and method. Online data was gathered using the comments of the online public regarding articles pertaining to the murder of the transwoman. Results reveal five positions that blame the transwoman’s identity and actions for her demise and frame the perpetrator, God and religion, her boyfriend, the LGBT community, and the Philippine society as the aggrieved. The results were analyzed on how a transwoman loses the right for sympathy and the right to claim justice. The precariousness of a transgender’s life is also very evident. Implications are discussed to how the society gives certain duties and takes away rights of transgender that leads to injustice and discrimination.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology

THE SECRET: STORIES OF ADOLESCENT WOMEN ON DISCOVERY, CONCEALMENT, AND DISCLOSURE OF AN UNWANTED PREGNANCY IN THE PHILIPPINES
Karina G. Fernandez, PhD & Tazjana D. Lebrilla
Ateneo De Manila University

The experience of unwanted pregnancy is life-altering and alienating for an adolescent and the process of this experience is widely unknown to most people. This study aimed to discover the significant yet untold stories of adolescents of their journey and broke this process down in three parts: Discovery of pregnancy, concealment of pregnancy, and disclosure of pregnancy. The study utilized a narrative approach, which sought to know the stories of the six participants and piece together each of their experiences. Rich data was gathered from the stories told. Results revealed three different stages of the process and the transition periods in between and were presented in a conceptual framework. The study looked at what the adolescents went through in each stage and transition period, their reasons for concealing, the meaning of each experience for them, and the transition of their identity from an adolescent to being a mother. Through this, we were able to discover the similarities and differences in these adolescents’ process of the experience of pregnancy in order heighten inclusivity and provide or create possible
interventions in whichever stage they are that could help women with such cases.
KW: Counseling Psychology

“FEARLESS, POWERFUL, FILIPINO”: IDENTITY POSITIONING IN THE HASHTAG ACTIVISM OF #BABAEAKO
Aniceta Patricia T. Alingasa
Ateneo de Manila University

This study investigated the discursive production and negotiation of identities in the feminist hashtag campaign, #BabaeAko. Using Slocum-Bradley’s Positioning Diamond (2009) it explored the relational process of identity negotiation among the women of the campaign, the President as the campaign object along with his supporters, and other third-party actors. Explicit utterance of the identity category “woman” with attributes of fearlessness and power, and sustaining such positioning across social episodes, allowed #BabaeAko women to gain further recognition in the global online sphere. In addition, the twofold storylines of calling out misogyny and calling for solidarity establishes discursive activism as both “talking back” and “calling for” likeminded individuals. Findings are further discussed in relation to discursive production of sexism, feminist online activism, and the implication of such identity claiming to social movements and group membership.
KW: Social Psychology

Forum 5: B7
ABNORMALITY – GAMING DISORDER, SOMATIC SYMPTOM, AND ASD
Lolina N. Bajin, PhD
Moderator

DSM-5-BASED ASD MODELS: ASSESSING THE LATENT STRUCTURAL RELATIONS WITH FUNCTIONALITY IN IDPs
I Marie Joy S. Gallemit, Jonahliza V. Sinday & Imelu G. Mordenno, PhD
Mindanao State University - Iligan Institute of Technology

There is a dearth of studies investigating the latent structure of Acute Stress Disorder (ASD) following the changes in the fifth edition of the Diagnostic and Statistical Manual for Mental Disorders (DSM-5). To date, there is no consensus on the best representation of ASD. This study addressed this gap by examining four latent ASD models in a sample of Filipino Internally Displaced Persons (IDPs) (N = 424). Investigation on the relationship of the best-fitting model to functionality in the latent level was also conducted. The five-factor model, composed of intrusion, avoidance, numbing, dysphoric arousal, and anxious arousal factors, yielded the best-fitting model. Latent associations between the factors of the model and functionality suggest that symptoms of functionality do not significantly affect the factor structure of ASD. These findings have implications for understanding the underlying mechanism of ASD and can inform the development of more nuanced trauma-related interventions, particularly
addressing ASD symptoms and functionality separately.
KW: Clinical Psychology

**EXAMINING THE DSM-5 INTERNET GAMING DISORDER CRITERIA: A FACTOR- AND PERSON-CENTERED APPROACH**
Imelu G. Morden, PhD, Jesrinel G. Generalao & Ricel A. Navarro
Mindanao State University-Iligan Institute of Technology

The inclusion of the internet gaming disorder (IGD) in the addendum of DSM-5 as a condition for further study is a response in recognition of how pathological gaming is becoming a growing social and public concern. However, only few studies have evaluated the proposed IGD symptom criteria. The present paper used both confirmatory factor analysis (CFA) and latent class analysis (LCA) to analyze the latent structure of IGD symptoms. Moreover, the relationships of the proposed IGD criteria with symptom (i.e., impulsiveness problem) and problem (i.e., functionality) criteria were investigated. The sample is composed of 478 computer gamers with the age ranged from 18-19 years old. Results revealed that: (1) a one-factor model yielded the best model fit; (2) the DSM-5 IGD correlated with the symptom and problem criteria; (3) there is no significant difference between the strength of relationship of the IGD criteria with the symptom and problem criteria, and; (4) a three-class solution best fitted the sample which largely differed according to severity. The study provides further evidence on the validity of IGD as a clinical disorder and support the call for its inclusion to the DSM-5 nomenclature under behavioral addiction classification.
KW: internet gaming, latent class, DSM-5

**THE UNDERLYING ROLE OF ANXIETY AND DEPRESSION IN SOMATIC SYMPTOM DISORDER**
Imelu G. Morden, PhD & Jean S. Taypa
Mindanao State University-Iligan Institute of Technology

Research shows that somatic symptom disorder frequently co-occur with generalized anxiety disorder (GAD) and depression. However, there is a dearth of studies that examine the role of GAD and depression on SSD in the latent level. This paper examined the underlying role of GAD and depression in somatic symptom disorder (SSD) latent structure using a sample of 843 post-disaster survivors. Series of Confirmatory Factor Analyses (CFA) were conducted to assess the factor structure of general SSD model and 3-factor SSD model. Items of the best-fitted SSD model were also regressed on depression and GAD latent variable. The results revealed that the 3-factor SSD model, comprising of cognitive, affective, and behavioral, achieved the best fit to the data. Results also showed that a significant amount of variance in SSD is attributable to GAD and depression at both item and factor levels. Findings of this study support the hypothesis that after controlling for GAD and depression, there would be significant decreases in magnitude in the factor loadings of SSD. Thus, while SSD proves to be is an independent clinical disorder, GAD...
CLIMATE OF AUTISM SPECTRUM DISORDER (ASD) EMPLOYMENT IN SELECTED AREAS OF METRO MANILA

Christelle Ann S. Jimenez
University of the Philippines- Diliman

The present condition of Autism Employment in selected areas of Metro Manila was investigated through exploring the vantage points of companies with and without experience in hiring people with ASD. A purposive sampling was utilized in order to gather data from possible recruiters, employers, and professionals who try to promote the employment of people in the spectrum. An online questionnaire exploring the domains of (a) perceived knowledge about autism, (b) work behavior, (c) concern for negative effects, and (d) willingness to adjustments and new information were administered to Human Resource employees. While employers with and with no experience in hiring people with ASD, and an active volunteer at one multinational company which promotes hiring of people with different abilities were interviewed to further understand the current conditions of autism employment in the country. The data from the interview and survey was conceptualized using the Stages of Employee Acceptance of Change (Aamodt, 2012). The results posited that the stakeholders in this study are at different stages of the working model. In general, work inclusion programs are still in its pre-initial stages. Results indicate that a successful employment program requires support from the government, autism professionals, and existing company employees.

KW: Clinical Psychology, Industrial-Organizational Psychology
psychological well-being. Studies regarding the discrimination experiences of Filipino LGBT students provide limited information about their wellbeing, coping, and thriving. This study extends the existing literature by comparing the relative contribution of perceived everyday discrimination and hope to life satisfaction. Four hundred self-identified Filipino LGBT students (86 lesbians, 143 gays, 159 bisexuals, and 12 transgender, Mage= 22.5, SD=2.78) were surveyed. While the level of perceived discrimination is average, hope is at a moderately high level and life satisfaction is high. A structural model in AMOS with satisfactory model fit show that the regression weight for the path between hope and life satisfaction is significant (.5), but not for discrimination and life satisfaction (-.04). The intrapersonal factor may have a greater influence on life satisfaction compared to an external event. The extent to which the effects of discrimination experienced by the students can be outweighed by the personal factor should be investigated.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology

IS DIAGNOSIS THE END?: EXPLORING THE LIVED EXPERIENCES OF SELF-TRANSFORMATION AMONG PEOPLE LIVING WITH HIV

Bea Izabeaux T. Mendoza
University of the Philippines Visayas - Miagao

There have been overwhelming literature focusing on stigma and discrimination among people with HIV. These studies have generally focused on the detrimental outcomes of living with HIV. There have been few studies that dissected the unique stories of self-transformation among Filipinos living with HIV. This study explored the lived experiences of self-transformation among people living with HIV (PLHIV). Utilizing interpretative phenomenological analysis (IPA), this lens examined 8 semi-structured interviews with men having sex with men (MSM) in Cagayan de Oro City, Philippines where HIV rates are relatively high. The results were structured in a temporal manner: pre-diagnosis phase, diagnosis phase, and post-diagnosis phase; this is to further illustrate the experiences of self-transformation among PLHIV. There are five different components that are pivotal to the transformation of self framed within the meanings drawn from the experience of living with HIV. These five components include the behavioral, relational, psychological, spiritual, and life-objective perspectives of self-transformation. Each component draws themes and sub-themes which are unique for each phase as the participants experienced self-transformation. These findings suggest that stigma and discrimination are not the highlights of their lived experiences of self-transformation. PLHIV go through self-transformation derived from composites of the identified and explored key components.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology
THE EFFECT OF IDENTITY CONCEALMENT AND DISCLOSURE ON PSYCHOLOGICAL AND RELATIONAL WELL-BEING OF FILIPINO LGBs
Anna Marie Bayot & Alessandra Arpon
De La Salle University-Manila
Peter Rivera Shalin Patalud
De La Salle Araneta University

This present study contains two surveys delving on the differential effect of identity concealment and disclosure on psychological and relational well-being of Filipino lesbians, gays, and bisexuals (LGB). It was long believed that coming-out as LGB is psychologically healthy. In our first survey, we validated this claim by accounting the LGB identity and the level of outness to the father, mother, and peers of our 222 self-identified LGB participants. However, we found that the level of outness across the three relationships has a lack of statistically significant effect on psychological well-being. This led us to our second survey. We assumed that LGB’s identity concealment and disclosure is essentially motivated by the need to maintain relationships. In our culture where social harmony is highly valued, coming-out could affect one’s well-being because of the uncertainty in gaining social support. Hence, if not for psychological well-being, identity concealment and disclosure is a strategy to maintain relational well-being. To test our assumption, we measured the identity concealment and disclosure levels to father, mother, and peers and the interdependent happiness of 308 self-identified LGBs who voluntarily participated in our online survey. Results confirmed our assumption. Identity concealment is a positive predictor, while identity disclosure is a negative predictor of interdependent happiness. Theoretical and practical implications of the study were discussed.
KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology

WORKING BEKI: LIVED EXPERIENCE OF SELF-IDENTIFIED FILIPINO GAY MEN IN THE WORKPLACE
Junix Jerald I. Delos Santos
University of Baguio

This local study explored the lived experience of self-identified Filipino gay men in relation to their workplace. Utilizing the indigenous method pakikipagkwentuhan, four self-identified gay men shared their experiences in the workplace. This qualitative research looked into how the concealment or disclosure of a gay sexual identity affects gay men and their work relations. Through thematic analysis, themes were identified and clustered together, namely: stigma and discrimination, internalized homophobia, and positive work relations. Implications for practice in the human resources and industrial setting are discussed in line with the role of psychologists and human resource practitioners in promoting the well-being of LGBT workers or employees by revisiting company policies and rules and regulations.
KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology
THE NATURE AND EXPERIENCES OF SINGLE FILIPINO ADULTS
Mary Grace A. Ang
SLU Sunflower Child and Youth Wellness Center

This study explored the nature and experiences of single Filipino adults through informal interviews with 14 single Filipino participants. Thematic analysis with a Phenomenological approach was used to analyze the interview transcripts. In the nature of single Filipino adults, a socioeconomic profile emerged, revealing the single adults to be well-educated, with good employment, and financially independent. They have positive acceptance of their current single status despite the negative perceptions and stereotypes they face. Most of the single adults remain open to the possibility of having a relationship or getting married but with no sense of urgency. And they view marriage as something sacred and as a serious commitment. The identified reasons for staying single are having a sense of empowerment stemming from their state of freedom and independence, actively choosing to be single, not having met the right partner, having more important priorities than having a relationship like familial responsibility, and being emotionally fulfilled by other significant relationships. And they find life satisfaction from meaningful connections with others, and fulfillment from personal growth and development, career or profession, and faith and spirituality.

KW: Counseling Psychology, Developmental Psychology

DISSECTING TRUE LOVE: PERSPECTIVES FROM WIVES’ STORIES
Sally I. Maximo
Saint Louis University
Raymund E. Mindanao
Casa del Niño Montessori School
Elmerando T. Mores
De La Salle College of St. Benilde
Jan Patrick Gutierrez
Far Eastern University
Peejay D. Bengwasan
SLU - Sunflower Child and Youth Wellness Center

This paper described the process of love in long-term marital relationships using a phenomenological qualitative analysis to explore the lived-experience of love among participating Filipino wives (n=8) who are married to their husbands for more than ten (10) years. Results of the qualitative study were discussed along with a literature review on love and marriage and Erich Fromm's framework in "Art of Loving." Semi-structured interviews were conducted ranging from 30 minutes to an hour and the transcription of these interviews provided the material for phenomenological hermeneutics. The authors chose one exemplar transcript for structural analysis which was subject to open coding. The qualitative software, NVivo version 12, was used to facilitate the axial coding of all subthemes and one of the main themes
across the eight (8) transcripts. Seven (7) main themes were identified, five (5) of these are part of the ‘Loving Process’ which consists of: Confirming, Deciding, Embracing, Extending and Integrating. The other two (2) main themes consist of the interacting Couple Dynamics in function with its Supportive Processes. It appears that the five aspects in the loving process are active, continuing processes that are not necessarily sequential, but more facilitative of the other. In order to sustain this ‘loving process,’ the couple draws resources not only from the quality of the relational couple dynamics but also from the supportive processes external to the couple. The "art of loving" was observed. Marital challenges allow opportunities to outgrow narcissism by giving of oneself for the sake of another.

KW: Counseling Psychology

BREAKING FAITH: EXPLORING THE NATURE OF INFIDELITY
England Danne B. Castro
Saint Louis University
Jennifer S. Carranza
Saint Louis University, Department of Psychology

Romantic relationships are complex human experiences; furthermore, such complexity becomes more intricate when it involves infidelity and unfaithfulness. This study explored the lived experiences of 5 Men and 5 Women of different ages who became unfaithful to their respective partners through the Filipino Indigenous Method of Pakikipagkwentuhan. For both groups, infidelity may come in three ways: emotional, sexual, and both emotional and sexual experience. Also, prevalent themes of nostalgia, rekindling of past romance, reliving youthfulness, and temptation arose from the stories of the respondents. In addition, feelings of regret, guilt, and remorse also accompany this act of infidelity.

KW: Clinical Psychology, Counseling Psychology

EMYU - PARANG KAYO PERO HINDI: EXPERIENCES AND MOTIVATIONS OF FILIPINO ADULTS IN PSEUDO RELATIONSHIPS
Mary Grace A. Ang,
Jewel Minlorry Llanillo-Villanueva & Angelica Nichole Mendoza
SLU - Sunflower Child and Youth Wellness Center

A qualitative study that aimed to explore the experiences and motivations of Filipino female adults who are currently involved in pseudo-relationships. Specifically, it probed the nature of their relationships, motives in engaging such, and level of satisfaction. A total of 6 females aged 21 to 45 years old participated in this study. The outcome of the interview gave insight on understanding pseudo-relationships.

KW: Counseling Psychology
A TWO PHASE INVESTIGATION ON THE MENTAL TOUGHNESS AND PSYCHOLOGICAL WELL-BEING OF ELITE FILIPINO ATHLETES
Ryan Francis O. Cayubit, Maria Aurora Priscilla M. Cuevas, Janina Christina G. Gatmaitan, Angelica Cecilia S. Ramos, Karen Tricia Gabriel V. Trinidad & Janella Hope B. Umali
University of Santo Tomas

Mental toughness and psychological well-being are essential psychological factors that athletes should be equipped with as past studies show that these factors increase their chances of success. These two factors were investigated in two phases where Phase 1 focused on finding out if the mental toughness and psychological well-being of elite athletes are different when their type of sport (individual or team) is factored in. Phase 2 investigated the moderating role of type of sport on mental toughness and psychological well-being. A total of 133 elite Filipino athletes participated in the two studies. For Phase 1, result shows that despite being involved in different types of sports, the elite Filipino athletes showed no difference in their mental toughness and psychological well-being. For Phase 2, result shows that the type of sport played by athletes moderates the relationship between mental toughness and psychological well-being.

KW: elite athletes, mental toughness, psychological well-being, sport psychology

THE RELATIONSHIP BETWEEN NEGATIVE ENERGY CONTROL AND STRESS AMONG FILIPINO ATHLETES IN COMBAT SPORTS
Denise F. Ang
Philippine Sports Commission

The psychology of fighting in combat sports highlights how psychological issues play a major role in optimizing health and improving performance. When an athlete aims to qualify and maintain a certain weight category, move quickly and execute defensive strikes, the level of stress is may be too high or depending upon one’s ability to cope with it. In this study, a random sampling was utilized in obtaining these 38 national athletes (16 female and 22 male) under the combat sport: Taekwondo, Pencak Silat, Wushu and Ju Jitsu of the Philippine Team. It is concerned in identifying how negative energy control affect the level of an athlete’s stress, which revealed that there is a significant and negative relationship between the two (r=-0.361*). It would imply that amidst stressors, higher tendencies of good performance there will be if an athlete learns to possess the skill in controlling negativities during the game. This can be supported through the aid of sports psychology professionals for a more integrated mental program development.

KW: combat sport, psychology of fighting, sports psychology
A QUALITATIVE STUDY ON STRESS AND COPING STRATEGIES OF STUDENT-ATHLETES
Mona Liza A. Maghanoy
University of the Philippines-Diliman

“Student athletes are a sub-culture” (eds. Kissinger & Miller, 2009). They face unique challenges in performing dual roles. Much research has been done on stress and coping among college students however, few have examined the experience of student-athletes who have two primary roles. This study aimed to examine the experience of 12 student-athletes (6 female and 6 males) to identify the challenges they face and how they coped with stress. This study is part of a larger research focusing on the lived experience of student-athletes in a state university.

The method for the entire research was the use of narrative interviews. From the interviews the answer to the two questions from the current study were isolated, re-analyzed for their content. Afterwards, the common themes for the answers of the participants were extricated. Results show that there were 4 main categories of stress for student-athletes: Challenges inherent in the dual nature of their roles as student-athletes, Challenges in dealing with student-athletes’ expectations from sources of support, Challenges from coach-athlete dynamics, and the personal impact of challenges to student-athletes.

Furthermore, Student-athletes coped by directly addressing problem areas and going into “recovery-mode for adaptation”. The study also found that they had instances of inability to cope. Implications of the results point to high stress levels in the participants and short-term coping that makes them at risk for psychological problems. It is recommended that psychological support be made available and be institutionalized for the student-athlete population and further research be conducted to include more participants for a more complete perspective on this matter.

KW: Sport Psychology, student-athletes, stress and coping

PARENT-CHILD COMMUNICATION IN FILIPINO TRANSNATIONAL FAMILIES
Maria Elena Cruz
San Pablo Colleges
Myla Arcinas
De La Salle University

Communication is a core element in parent-child relationship. In situation of transnational families, communication between parent and child may be challenged by the physical absence of the parent due to foreign employment. This study aimed to describe parent-child communication experiences of children left behind by OFW parents. It used qualitative methodological approach with the use of descriptive phenomenological tradition. Focus group discussion was employed as its data collection technique with the use of a
guide. Participants were comprised of junior high school students, two females and four males, with an age range of 14 to 18 years old. Parent-child communication experiences were examined using five domains: content, mode, frequency, direction, and issues. Findings show that topmost areas of content conversation between parent and child communication focus on the child’s academic concerns, followed by family related issues. Facebook and Messenger were the primary modes of parent-child communication. Frequency of their communication vary based on availability of the OFW parent to set up online communication with the child left behind. Parent to child communication is the more dominant direction of communication to show parent’s presence and affection to the child. Child to parent communication, however, shows selective content and details for the OFW parent to not worry. Interventions aim at improving the parent–child communication may provide ways toward stronger parent-child relationship.

KW: Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

THE NATURE OF SCHOOL EXPERIENCES OF FILIPINO ADOLESCENTS IN TRANSNATIONAL FAMILIES
Susie Eala
San Pablo Colleges
Paul Arcega
De La Salle University

School experiences in this study include the level of efforts exerted by the students of
transnational families in studying, academic pressure, and the social influences who help them cope with their studies. By their nature, transnational families are disadvantaged due to the absence of at least one parent. Studies have shown that parental school involvement influences children’s academic outcomes. Furthermore, parental intervention in their children’s education help in obtaining information about their children’s academic growth. This study sought to describe the nature of school experience of adolescents in Filipino transnational families. Participants were high school and college students in a private school in Laguna. Data from focused group discussions was interpreted using thematic analysis. Findings showed that experiences involved differences in efforts exerted to maintain academic performance; problems in general, academic pressure, and social influences. The school experiences of the participants are similar to adolescents from intact families. However, the social support they received from their significant others helped in coping with the absence of the OFW parent.

KW: Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Counseling Psychology

SOCIAL SUPPORT AND ACADEMIC MOTIVATION OF FILIPINO ADOLESCENTS IN TRANSNATIONAL FAMILIES: MEDIATION BY SELF-DETERMINATION NEEDS
Maria Elena Cruz
San Pablo Colleges

This study sought to determine how the three basic psychological needs of autonomy, competence, and school connectedness influence the relationship between perceived social support from mothers, fathers, teachers, and peers, and the academic motivation of Filipino adolescent students of a private school in Laguna. The sample consisted of 557 high school and college students with at least one parent as an overseas Filipino worker (mean age, 16.3 years; female, 57.7%). Majority of the participants (61.3%) had a mother who was an OFW. Multiple mediation analysis was used to interpret the data. Results showed that perceived maternal and teacher-support, separately, had an indirect effect on academic motivation through school connectedness. The needs for autonomy and competence were not found to have a mediating role in the model.

KW: Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology
Psychological assessment writing is a skill which requires a lot of practice, critical thinking, logical analysis, organization, and empathy not only to the person in need of the psychological evaluation but also for the writer of the report him or herself. Writing a comprehensive and detailed report is not an overnight exercise or a semestral training. Experienced clinicians believe that writing entails a lot of perseverance, determination, and love for the craft itself. Without love and care for the craft and into the humanity, writing would be perceived as a waste of time. In this learning session, one is expected to learn the basics and advance techniques in writing comprehensive reports including the proper structure, wording, choosing of words, composition, and flow of narratives. Second, one is expected to formulate therapeutic interventions and recommendations aligned with the results of assessment. And lastly, one is expected get motivated in pursuing writing by learning effective strategies in handling disappointments and frustration in dealing with clinical cases.

KW: Assessment Psychology, Clinical Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology, Teaching Psychology

FNE AND FPE SERIALLY MEDIATE THE RELATIONSHIP BETWEEN COGNITIVE LOOMING AND SOCIAL ANXIETY

Merbhen Ganzon
Imelu G. Mordeno, PhD
Edmarie Zoe J. Gonzaga
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Numerous studies have explored the critical role of cognitive factors in understanding the etiology, development, maintenance and treatment of social anxiety disorder (SAD). Specifically, looming cognitive style (LCS) has been found to be a significant determinant of SAD. However, while emerging research have indicated the role of fear of evaluation in the relationship between LCS and SAD, most of these studies emphasize the fear of negative evaluation (FNE) rather than the fear of positive evaluation (FPE). Increasing evidence have shown, however, that both FNE and FPE are closely associated with each other. This study construes that FNE influences FPE, and the extent of this relationship is responsible for the association between LCS and SAD. Utilizing 818 secondary school students, the results show that FNE and FPE serially mediate the relationship between LCS and SAD. This data suggest that increased LCS intensifies the FNE, of which heightens the FPE, and
ultimately, amplifies the severity of SAD symptoms. The findings underscores the importance of both FNE and FPE in the development and maintenance of SAD.

KW: Clinical Psychology, Social Psychology

INVESTIGATING ANXIETY SENSITIVITY’S ROLE IN POSTTRAUMATIC STRESS DISORDER: SUPPORT FOR THE ANHEDONIA MODEL

Jelli Grace C. Luzano Mindanao & Imelu G. Morden, PhD
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Identifying the optimal factor structure of posttraumatic stress disorder (PTSD) has recently been reinvigorated in literature due to the substantial changes to its diagnostic criteria in the fifth revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Currently, six models of PTSD are supported in literature, but there is no consensus on the best-fitted factor structure. More research must be conducted to identify the optimal model of PTSD, and validate this model by investigating its relations with external correlates. The present study’s objectives are two-fold: first, we aimed to identify the best-fitted model of PTSD by comparing the six empirically-supported models, and; second, we examined the relationship between the best-fitted model with anxiety sensitivity (AS), which has been identified as a risk factor for the development of PTSD. Our study was conducted in a sample of 476 active-duty military combatants who were exposed to combat-related trauma events. Results suggest that both the anhedonia and hybrid models provide the best fit to the data, with the anhedonia model achieving slightly better fit indices. Further, the examination of the PTSD-AS relationship shows that AS does not significantly account for any changes in the PTSD symptom structure. This suggests that while AS may be related to PTSD, its influence is limited as it did not affect its latent structure. Based on these results, our findings provide implications for crafting interventions addressing separately PTSD symptoms and AS in combat-exposed soldiers.

KW: Assessment Psychology, Clinical Psychology

ANALYSIS OF A SELF-RATING ANXIETY SCALE: A GENERAL COGNITIVE DIAGNOSIS MODEL FRAMEWORK APPROACH

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School of Statistics, University of the Philippines-Diliman

Anxiety disorder is one of the leading causes of deaths among male and female adolescents around the world. For this reason, immediate attention should be given by parents and teachers when early signs of excessive anxiety are observed. Zung’s (1971) Self-Rating Anxiety Scale (SAS) is an instrument that can be used to measure the severity of one’s anxiety. We employed a general cognitive diagnosis model (CDM) framework to analyze the item responses obtained from SAS. Compared with traditional psychometric approaches, CDMs simultaneously diagnose individuals and investigate the underlying factor structure of the specific
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disorder under consideration. A sample of 865 senior high school students from four schools in Metro Manila completed the SAS. To perform the CDM analysis, the Q-matrix was specified by clinical psychologists based on the Generalized Anxiety Disorder symptom criteria according to the Diagnostic and Statistical Manual of Mental Disorders 5th edition (American Psychiatric Association, 2013). The generalized deterministic input noisy “and” gate model (de la Torre, 2011) framework was utilized to generate the symptom profiles of the students. The fitted CDM demonstrated good reliability in terms of classification accuracy. Results showed the being easily fatigued and irritability were the most prevalent symptoms among sampled students.
KW: Assessment Psychology

Arsenio S. Alianan Jr., PhD
Ateneo de Manila University

This study aims to explore the factors that contribute to drug use and dependence of two groups of drug users (voluntary surrenderees and plea-bargainers) attending community-based interventions. The biopsychosocial framework was used to understand the multi-factorial profile of drug users. Results indicate that recovering users were predominantly male, uneducated, and used shabu. Plea-bargainers reported higher scores on substance use disorder (SUD) symptoms and were more likely to be poly drug users compared to voluntary surrenderees. Surrenderees reported greater life skills and psychological well-being compared to plea-bargainers. Life skills was a significant predictor of SUD symptoms for both groups suggesting that the inability to cope with life demands increases risk of substance use. Community safety was a significant predictor of SUD symptoms among participants that voluntarily surrendered highlighting the importance of supply reduction. Results imply the need for drug treatments that develop adaptive coping skills. Results also suggest the need to differentiate drug treatments depending on the profile of users. Overall, the findings highlight the importance of taking a biopsychosocial approach in addressing the issue of drug use.
KW: Drug Recovery & Addiction Science

PARALLEL ORAL PRESENTATIONS
D2 to D7
September 19, 2019
08:30 AM – 10:00 AM

Symposium 8: D2
DRUG USE AND RECOVERY:
CHARACTERISTICS, STORIES, AND PERSPECTIVES OF RECOVERING USERS
Mendiola Teng Calleja, PhD
Convener

EXPLORING BIOPSYCHOSOCIAL FACTORS INFLUENCING DRUG USE AMONG FILIPINOS
Jason O. Manaois
Xavier University – Ateneo de Cagayan
THE RECOVERY EXPERIENCE: STRESS, RECOVERY CAPITAL, AND PERSONAL VIEWS ON ADDICTION AND RECOVERY IN POST-TREATMENT ADDICTION RECOVERY
Therese C. Castillo
Seagulls Flight Foundation, Inc.
Ron R. Resurreccion, PhD
De La Salle University - Manila

The study explored the experiences of individuals in post-treatment addiction recovery. More specifically, the research examined their experiences of stress, their recovery capital, as well as their personal views on addiction and recovery. Existing literature suggests that individuals with addiction require a substantial quality of recovery capital to overcome stress and challenges in all stages of recovery. Since there is a great need to explore what happens after treatment, the research adapted a case study design and interviewed eight (8) participants on their experiences of post-treatment addiction recovery. Interview responses were analyzed through categorizing codes and themes and then submitting these for external audit. Results showed that the recovery experience in post-treatment addiction recovery included dealing with stress during reintegration to the mainstream environment and daily functioning (getting a job, earning money, fulfilling responsibilities). Recovery connections, social support and recovery-supportive activities were important factors in sustaining recovery. Addiction was considered as a lifestyle of powerlessness and loss of control over substances while recovery was depicted as an ongoing process requiring support and finding purpose in being in recovery.

KW: Drug Recovery & Addiction Science

ABSTINENCE SELF-EFFICACY AND THE EXPERIENCE OF RECOVERY AMONG FILIPINO DRUG SURRENDEREES
Joy R. Tungol, PhD & Elaine Fatima A. Simon
University of Santo Tomas

Identifying internal resources that potentially empower individuals to achieve recovery and also gaining insight about drug surrenderees’ perspectives regarding their treatment experiences could have promising implications for enhancing rehabilitation services. Utilizing a mixed methods design, this study investigated abstinence self-efficacy, or the belief that one is capable of abstaining from drug use, and its relationship with recovery. To contribute to the depth of local literature, it also aimed to understand the collective experiences of Filipino drug surrenderees while undergoing recovery. One hundred participants from two government-run rehabilitation centers (Therapeutic Community) were assessed using the Abstinence Self-Efficacy Scale and Client Assessment Inventory, and fourteen of them participated in focus group discussions. Results revealed the predictive capacity of abstinence self-efficacy and its significant positive relationship with majority of the domains and dimensions of the Client Assessment Inventory. The following themes emerged from the participants’ lived experiences: Abandonment of the drug-related identity and lifestyle, Anchoring on spirituality and significant others, Acquiring tools for recovery, and Amendment of identity and
lifestyle. These findings suggest that capitalizing on abstinence self-efficacy may be an effective strategy in achieving recovery. Understanding drug surrenderees’ experiences is also relevant to the enhancement and development of recovery programs. Keywords: abstinence self-efficacy, experience of recovery from addiction, Filipino drug surrenderees, mixed-methods research, drug addiction and recovery

KW: Drug Recovery & Addiction Science

COMPLEX TRAUMA IN ADOLESCENT SUBSTANCE USE DISORDERS: A SYSTEMATIC REVIEW

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Department of Health-Treatment and Rehabilitation Center, Cagayan de Oro City
Ruel R. Billones, PhD
Symptom Science Center, NINR, National Institutes of Health, Bethesda, MD

The purpose of this systematic review is to identify the construct dimensions of complex trauma in adolescents who abuse drugs. This further aims to present the significant differences between diagnosing post-traumatic stress disorder from complex trauma, and the link between complex trauma and the developmental pathways of substance use disorder (SUD) in adolescents. The primary questions that the researchers want to answer are the following: a) How is complex trauma defined; b) What are its symptomatology in substance use disorder (SUD)? The Preferred Reporting Items for Systematic Reviews and Meta-Analysis Guidelines (PRISMA) and the modified Oxford Quality Scoring System (JADAD) were applied to the review. The search engines included PubMed and Google Scholar. A total of 40 articles were included in the final systematic review. Results shows that complex trauma are repeated, cumulative traumatic experiences within a particular time frame or within specific relationships. Also, there is direct association between complex trauma and the SUD in adolescents. The construct of complex trauma, expressed in the dimensions of childhood experiences informs the co-morbidities in SUD in adolescents such as mood disorders such as depression and anxiety, and personality disorders like oppositional personality disorder. Keywords: Complex trauma, substance use disorders, post traumatic stress disorders, developmental pathways, adolescents

KW: Clinical Psychology

AFFILIATE STIGMA, PERCEIVED SOCIAL SUPPORT, AND PSYCHOLOGICAL WELL-BEING AMONG PARENTS OF CHILDREN WITH AUTISM SPECTRUM DISORDER

Maria Claudette A. Agnes, PhD, Joyce Christine J. Eleazar, Mary Angela R. Pasia, Samantha Isabelle Y. Soliven, Stephanie Irish A. Uy & Elizabeth H. Yang
University of Santo Tomas

Forum 8: D3
PARENTING AND THE FILIPINO
Joanne Trina M. Javier
Moderator
Autism Spectrum Disorder (ASD) with its symptoms become more evident in different places as its prevalence continues to rise. Negative perception and treatment toward people with ASD are inevitable due to lack of knowledge about the nature of the disorder. The stigma does not just affect the children with ASD but their parents as well, particularly their psychological well-being. In line with this, the researchers identified the correlation of perceived social support and affiliate stigma on the psychological well-being among parents of children with ASD. 160 parents agreed to participate in the study. Results have shown that affiliate stigma has an inverse relationship with perceived social support and psychological well-being. Concurrently, perceived social support was found to correlate positively with psychological well-being. It was also found that both affiliate stigma and perceived social support predict the psychological well-being of Filipino parents of children with ASD. It is then highly recommended that mental health professionals create and implement activities and programs in reference with the findings of this study for the parents of children with ASD.

KW: autism spectrum disorder, affiliate stigma, perceived social support, psychological well-being, parents of children with ASD, Clinical Psychology

THE INTERGENERATIONAL TRANSMISSION OF CHILD MALTREATMENT IN LOW-INCOME FILIPINO FAMILIES: PARTNER VIOLENCE AND DEPRESSIVE SYMPTOMS AS INDIRECT MECHANISMS
Edith Liane Alampay, PhD & Jun Angelo Sunglao
Ateneo de Manila University

The present study examined the intergenerational transmission of child maltreatment and the mediating effects of intimate partner violence and depressive symptoms in low-income Filipino families. Using a sample of 120 female caregivers of children aged 2-6, the study showed that there are positive indirect associations to intimate partner violence in the intergenerational transmission of child maltreatment. Experiences of intimate partner indicated positive indirect associations to a woman’s childhood experiences of maltreatment to current perpetuation of child maltreatment. Depressive symptoms were found not have indirect associations to childhood experiences of maltreatment in connection to current child maltreatment but were found to have a positive correlation with current perpetuation of maltreatment. Findings from the present study highlight the importance of understanding how risk factors and mechanisms like intimate partner violence increases the risk of parents with childhood experiences of child maltreatment to further perpetuate it to their own children.

KW: Counseling Psychology, Developmental Psychology
SILENT SCARS: LISTENING TO THE STORIES OF SUICIDE BEREAVED PARENTS AND SIBLINGS
Abigail B. Gonzales
Angeles University Foundation

This study aims to obtain a deeper understanding of suicide bereaved parents and siblings as they journey through grief and loss. Five parents and three siblings agreed to share their personal experiences and needs through an in-depth interview. Following the method of interpretative phenomenological analysis, several key themes emerged from the transcripts of the participants: (1) Before the loss – unheeded warnings; efforts to help the victim (2) Following the loss – disbelief; denying the risk of suicide; highlighting the victim’s strengths, making sense of the death; guilt; blame; fear; anger and rejection; suicidal thoughts. (3) After the loss – finding relief through having empathic people around, visiting the grave and turning to faith and prayer, and finding purpose for the pain. (4) Closer family relationship after the loss (5) Perceived needs which include support from family and friends, support from another suicide-bereaved and support by raising awareness and prevention. The qualitative data from this study may meaningfully help mental health professionals as they create assessment programs and therapeutic interventions for suicide bereaved family members.
KW: Clinical Psychology

A LONGITUDINAL STUDY OF CHANGE AND STABILITY IN FILIPINO MOTHERS’ DISCIPLINE PRACTICES
Liane P. Alampay, PhD & Jennel Drezza Fe C. Reyes
Ateneo de Manila University

This study describes Filipino mothers’ discipline practices using longitudinal data. To date, this is the only study to have examined this aspect of Filipino parenting via a longitudinal data set spanning seven years. This investigates the frequency of use of disciplinary practices by Filipino mothers across seven years, when their children were in middle childhood up to early adolescence. The study also examines the implementation of discipline practices, vis-a-vis the child’s characteristics, specifically age and gender across seven years. It is hypothesized that the frequency of use of discipline strategies vary over time, depending on the focal child’s age; and that, more generally, Filipino mothers’ use of all discipline strategies decreases over time. Mothers less frequently employ discipline practices as the child gains greater cognitive ability and capacities to internalize rules and self-regulate. No a priori hypothesis is proposed for differences in use of discipline practices according to child gender, given the inconsistencies in the literature. The longitudinal data in this study were from the Philippine sample of the Parenting and Child Adjustment Across Cultures (PAC) project. The study included mothers or mother figures with 8-year-old children (51% boys) during the first year of data collection. One hundred seventeen (117) mothers responded to structured interviews in Wave 1 and approximately
75% of the original sample was retained until Wave 6. Mothers completed the Discipline Interview (DI; Lansford et al., 2005) in each of the six time points. There was approximately a 2-year gap in the DI administration from Wave 3 to Wave 4; whereas there was a 12-14 months interval between the other waves. The DI asked mothers how often they used various discipline strategies (e.g., spanking, shaming, taking away privileges) in response to their child’s misbehaviors in the previous 12 months. Mothers responded using a 5-point scale (1 = never, 2 = less than once a month, 3 = about once a month, 4 = about once a week, 5 = almost every day). For this study, four discipline practices were created from DI items, namely: inductive discipline, manipulation of privileges, verbal punishment, and physical punishment. There were 117 cases and 53 (45%) cases that had at least one variable item missing. Multiple imputation was used to handle missing data to utilize all available data. After ensuring that the missing data met the assumptions of the MCAR test, multiple imputation was performed. A linear mixed model (LMM) was utilized in this study. The SPSS 23 MIXED procedure with Restricted Maximum Likelihood (REML) was used to estimate four LMM models, one for each of the discipline practices. Linear mixed models revealed that child’s age is a significant predictor of how frequently Filipino mothers use the different discipline strategies, whereas child’s gender is not a significant predictor. Overall, Filipino mothers’ use of the four discipline practices varies in a generally gradual declining frequency across middle childhood to early adolescence. This study provides a starting point for understanding the disciplinary patterns of Filipino mothers using longitudinal data.

KW: Developmental Psychology

MT. HAMIGUITAN BUFFER ZONE RESIDENTS’ ATTITUDE TOWARDS SUSTAINABLE TOURISM
Chris Lloyd A. Ceniza, Roy G. Ponce & Rose Anelyn V. Ceniza
Davao Oriental State College of Science and Technology

Local residents are major actors in the tourism development and sustainability process particularly in a tourism area like the Mt. Hamiguitan Range Wildlife Sanctuary, Davao Oriental which gained subsequent inscription to UNESCO world heritage list. This paper aimed to present the buffer zone residents’ attitude toward sustainable tourism through the following factors: perceived social cost, environmental sustainability, long-term planning, perceived economic benefits, and maximizing community participation. Socio-demographic profile and gender roles are also emphasized for sustainable tourism management. This study employed sequential explanatory mixed method design. The result of this study shows that the residents in the buffer zone area positively embraced and willingly
participated in the growing tourism industry in their community. Psychosocial issues and concerns were also presented through their personal protocols.

**KW:** buffer zone residents’ attitude, perceived social cost, environmental sustainability, long-term planning, perceived economic benefits, and maximizing community participation, gender roles, Social Psychology

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**DEVELOPMENT OF FILIPINO CORE VALUES SURVEY AMONG SELECTED MILLENNIALS**

*Raymundo Faustino Jr.*
*Bulacan State University*
*Joy R. Tungol, PhD*
*University of Santo Tomas*

Our value system reflects how unique the traits many of us Filipinos possess. Traits that are exuded in every situation in our lives may that be in our personal, social and even political concerns. The Filipino value system exudes what is given importance to by many in their lifetime. However, the changing times have influenced changes on how these values are seen and observed. Changes that led to the modified behavior, principles, morals and ethical practices among the youth. The young adults of today are the ones that are much influenced by unstoppable innovation in technology. The use of gadgets in almost all aspects of their lives has led the researchers to look into whether the core values as Filipinos have not changed overtime among the so called millennials. A total of 263 college students were administered with the Personal Core Values for an initial survey of the participants’ values. Analysis was made and revealed that family, God, self-acceptance and self-respect, respectfulness and peace were among the top 5 ranked values. Health, honesty, fairness and justice, personal growth, communication tied with spiritual growth and security complete the ten values the participants have. While it is interesting to know that beauty and competition shared the least of the values as both ranked in the bottom 10. These results became an offshoot to develop the Filipino Core Values Questionnaire which consists of 32 items that topped the ranking using the PCV with Chronbach’s alpha of .843 and 0.887 in the final form. With 523 participants, results of CFA revealed the Filipino values can be grouped into five (5) core values which are social change, esteem needs, self-improvement, personal and spiritual growth and care for the family and others.

**KW:** Assessment Psychology

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**RUN AWAY, STAY OR LET THINGS BE: ACCULTURATION EXPERIENCES OF VIETNAMESE PEOPLE IN THE PHILIPPINES**

*Washington C. Garcia, PhD & Fr. Nguyen Thien Tu*
*De La Salle University-Manila*

Graduate students from Vietnamese have been increasing in number over the years. Obeying the dictates of their religious vocation, they leave the comforts of home and travel to an unknown land to acquire knowledge and skills that will enable them to further the counseling ministry of their congregation. But how had the journey been for them, what challenges did they encounter and what helped them along the way? Utilizing the case study method, this research looks into the acculturation experiences of 10 Vietnamese religious
EXPLORING THE NATURE OF SOCIAL DESIRABILITY IN THE PHILIPPINES
Louie P. Cagasan Jr.
Assessment, Curriculum and Technology Research Centre

Paulhus and John (1998) proposed that values would accordingly dispose individuals to certain self-favoring bias. In their categorization, Philippines, a collectivistic society, is likely to have self-favoring bias toward Agreeableness and Conscientiousness. This study aims to validate the theory proposed and builds on the construct validity of social desirability. Self-criterion residuals, defined as the discrepancy between self-report scale scores and an objective criterion, in this case peer-rating on the same scale, are generated from five domains (NEOAC) of International Personality Item Pool and a Filipino personality inventory (Mapa ng Loob). Social desirability tests, Marlowe-Crowne Social Desirability Scale, Balanced Inventory of Desirable Responding, and the Filipino Social Desirability Scale, are also administered. Internal consistency of all the tests are found to be satisfactory. Exploratory Factor Analysis of social desirability test scores together with self-criterion residuals on the five personality domains is conducted. Results partly support the proposed mechanism and provided insights on how social desirability function in Philippines.
KW: Assessment Psychology

Imagery is a cognitive process that creates or recreates an experience in the mind. It is similar to a real sensory experience, but the entire experience occurs in the mind. Imagery has been used in sports as an effective psychological skill that positively affects psychological states, such as decreasing anxiety and enhancing self-confidence, self-efficacy and concentration (Garza & Feltz, 1998; Post & Wrisberg, 2012), thereby enhancing overall performance. A review of literature on the skill transfer from sport to business settings (Foster, 2002) revealed the use of imagery as one of the major skills of mental training among

Learning Session 7: D5
CHAMPION MINDSET 3: IMAGERY FROM THE PLAYING FIELD TO THE WORK PLACE
Maria Luisa M. Quinto, PhD
University of the Philippines-Diliman
athletes that may contribute to consulting best practices with managers, leaders and work teams in the corporate setting. In this learning session, focus will be given on the application of imagery in the workplace, specifically in support of enhancing performance and promoting wellness. The objectives of this session include engaging participants in imagery experiences, discussing the dynamics of effective imagery, and exploring the varied applications of imagery at the workplace. Furthermore, participants will practice varied imagery exercises that may be easily incorporated in daily routines at home and at work.

KW: Sport and Exercise Psychology

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WOMEN ON TOP: A PHENOMENOLOGICAL STUDY ON THE LEADERSHIP EXPERIENCE OF FILIPINA BUSINESS EXECUTIVES

*Enrico C. Osi, PhD & Mendiola Teng-Calleja, PhD*
*Ateneo de Manila University*

This study used a phenomenological lens in examining the shared journey of seven Filipina business executives in male-dominated industries. Semi-structured interviews were conducted and data were subjected to the four-step phenomenological analysis procedure developed by Moustakas (1994). Findings show that cultural, organizational and familial factors shape the experiences of these women leaders. Cultural norms that ascribe women as in-charge of the household and societal expectations on mothers and wives serve as challenges in their leadership journey. Challenges in the organizational context include having limited representation of women in leadership roles, and, discrimination experienced as women leaders. Seven factors serve as enablers of the women’s rise to the top. These are having an equal-opportunity workplace culture, career pathing as well as presence of male mentors and empowered women leaders. Familial factors that supported the women leaders include having an enlightened husband, supportive parents, and successful children. Findings also highlight shared characteristics of the women executives. These include being spiritual, competitive but not ambitious, speaks her mind, can-do attitude, decisive and accountable, open to learn and continually reinvent one’s self, humble, and loyal. Implications of findings in creating more inclusive organizations that empower career growth and development of women leaders are discussed.

KW: Industrial-Organizational Psychology

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LEADERSHIP AND THE FILIPINO SEAFARER

*Ma. Tonirose D. Mactal, PhD*
*Ateneo de Manila University*

Statistics show, despite comprising the majority of seafarers globally, Filipinos remain underrepresented as leaders or officers (McVeigh et al., 2019). Terry (2014) posited that this may be due to the reality that Filipinos are framed as docile and
compliant – thus, they are viewed as ideal subordinates rather than leaders on ship. In fact, a POEA brochure described Filipinos as “resilient, adaptable, English-proficient, loyal...they are just among the reasons why Filipino seafarers are preferred by the world’s best fleet.” As Terry (2014) asserted, these qualities highlight Filipinos’ qualities as exemplary subordinates. Unfortunately, none of these traits are suggestive of Filipinos capacity to lead. In this study, the researcher aims to conduct a thematic analysis of the Filipino seafarers’ narratives based on their experiences both as leaders and subordinates via interviews and FGDs. In particular, this study aims to answer the following research questions: What are the qualities/competencies that Filipino seafarers should possess in order to become leaders? Do they already possess these qualities? If they already possess these qualities/competencies but have yet to become leaders, what do you think are blocking them or preventing them? Findings from this study may inform assessment and training in the maritime industry.

KW: Industrial-Organizational Psychology

A STUDY ON LEADERSHIP STYLES AND GENERAL TRAITS OF UNIVERSITY LEADERS
Joseph Mirvin A. Dadap
De La Salle University- Dasmariñas
Mary Grace O. Gumpal
Isabela State University Main Campus

Implicit leadership theory (ILT) posits that followers use prototypes to categorize others as leaders (Junker and van Dick, 2014). When a leader is closer to a follower’s idealized image of a leader, that leader will be evaluated more positively (Foti et al., 2017). In line with ILT, this study explores the characteristics and behaviors of leaders that are sought by Filipino followers. Specifically, it identifies the traits of leaders that Filipinos prefer, the traits of leaders that Filipinos believe the country needs, whether these traits are different or similar in various settings, and the factors that determine the preferences. A qualitative method approach is utilized with data gathered from various workplace sectors. Findings show that the leadership schemas consist of desired leaders’ personal qualities and competence demonstrated through actions. There may be a difference in personal preference of respondents compared to what they perceive as leaders needed by the country. Slight variations were seen in the type of leaders preferred for various workplace sectors, or roles. The findings will add to the understanding of leadership schemas within the Philippine culture, and may have implications in a variety of settings where leaders operate such as government, workplace organizations, and informal sector.

KW: Industrial-Organizational Psychology

SCHEMATA OF PREFERRED FILIPINO LEADERS
Edna P. Franco, PhD
Ateneo de Manila University

The higher education sector has a great contribution to the socio-economic well-being of developing countries like the Philippines. University officials are not simply managers of a structure with thousands of students and teachers but they are also instructional leaders who must be capable of developing a team of
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teachers who deliver effective instruction to every student (Wallace, 2013). This study was conducted to uncover some of the personal experiences of university officials, their leadership styles, their assertiveness level and their creativity in solving problems since they are in a critical position which requires great accountability. This paper also aims to add to the local literature on leadership in a school setting. There were six university officials from Isabela State University and Dela Salle University-Dasmariñas who served as the participants to this study. The mixed-method research design was used to achieve the objectives of the study. The materials used in gathering the data were the leadership self-assessment for assertiveness, leadership-style and creativity in problem solving lifted from the book of J. DuBrin, (1995) and a self-structured guide questions for the interview. The consensual qualitative research-modified (CQR-M: Spangler, Liu, & Hill, 2012) and measures of central tendency were applied for analyzing the data. Results showed that all participants are employing participative and free-rein leadership styles and 83.3% are non-assertive and are intellectual conformists at present. There were five superordinate themes which emerged: achieving a goal, organizational leadership, values of stewardship, selfless mission, and ethical leadership. This study concluded that effective institutional (educational) leadership and management are of crucial importance to realize the required reforms in Higher Educational Institutions and greater autonomy and accountability are a must.

KW: Leadership style, Higher Educational Institution, Assertiveness, Problem solving, Mixed-method design, Industrial-Organizational Psychology

Symposium 10: D7  
TEACHING AND LGBT PSYCHOLOGY: INCLUSIVE AND ACCOMMODATING SPACES AMIDST DIVERSITY  
Moniq M. Muyargas
Convener

SCRIPTED?: EXPLORING TEACHER SCRIPTS ON CLASSROOM INQUIRIES ABOUT SOGIE  
Helen Grace Concepcion Q. Fernandez  
University of the Philippines-Visayas

One of the most powerful roles of education is to transmit knowledge from one generation to the next. The school, particularly the teachers, are agents for such transmission. This study utilized the Social Script Theory in exploring how High School teachers communicate their knowledge about sexual orientation, gender identity, and expression to their students. Episodic functions include teachers dominating the class, and students mainly accepting the input with occasional inquiries on the topic being discussed. It has been found that the teachers’ script includes confirming diversity, making use of social referents, redirecting responses, as well as inadequate, indiscriminate, and biased responses. In the Philippines, the school culture has greatly set parameters to what is acceptable, and it is too impermeable to drastic change. It is within this context that the researcher suggests that academic institutions gradually try to acknowledge realities that may somehow challenge their conventional beliefs to
improve scripts and create a more meaningful experience of learning.
KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Teaching Psychology

NARRATIVE DISCOURSE OF STIGMA AWARENESS: SCRIPTS OF STUDENT REFLECTIONS ON ANTI-LGBT STIGMA
Pierce Docena
University of the Philippines - Tacloban
Eric Julian Manalastas
University of Sheffield
Moniq M. Muyargas
University of the Philippines Visayas - Iloilo

Learning about stigma as a social psychological construct provides an opportunity to understand varied scripts of the narratives of sexual minority groups. An advocacy symbol (I "heart" Gay and Lesbian Rights pin) was used by students as an experiential learning tool to learn about anti-LGBT stigma. Students’ narrative discourse in their reflection papers revealed that upon wearing the advocacy symbol, they were perceived as part of a sexual minority group resulting to a change in their heteronormative scripts. Analysis of students’ reflection papers revealed themes related to the narrative of stigma awareness. From such narratives, the Stigma Scripts of microaggression, othering, confrontation-inquiry and heterosexism became patterns of their experiences. The Learning Scripts of intergroup empathy, stigma consciousness and allyship sentiments were the constructed patterns of their learning experiences. Our study may pose potential directions for reconstruction of scripts through experience-based learning, particularly in understanding social psychology concepts reflected in the narratives of sexual minority groups.
KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Teaching Psychology

CRITICAL REFLECTIONS OF BARANGAY PERSONNEL ON LEARNING LGBTI-INCLUSIVE BASIC COUNSELLING SKILLS MODULE
Riyan Portuguez
Far Eastern University – Manila
Beatriz Torre
University of the Philippines – Diliman

In many instances, studies in teaching have been boxed in academic settings whereby participants are mainly students and teachers. More often than not, teaching is not limited to the traditional school-based environment. Perhaps, teaching can be a tool to transform knowledge and facts into skills and attitudes essential to the learner, in this case, barangay personnel on learning LGBTI-Inclusive Basic Counselling Skills Module. This paper aims to develop meaningful practice strategies of barangay personnel in dealing with cases of domestic violence and family violence among LGBTI survivors through the use of critical reflections in assessing their learning LGBTI-Inclusive Basic Counseling Skills Module. Areas of the module were found to be effective. The practical and theoretical implications of teaching in a non-school environment of this study were discussed.
KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Teaching Psychology
Using the lens of Critical Discourse Analysis, we examined how (re)construction of social identities in written discourse served to negotiate political goals. We specifically analyzed the fact-finding reports of the five bodies of inquiry created to probe into the (mis)encounter of the Philippine Government’s Police Special Action Force, moro rebel troops, and private armed groups on January 25, 2015 in Mamasapano, Maguindanao, Philippines. The ferocious firefight that took the lives of 67 Filipinos occurred in the midst of peace negotiations between the government and moro rebels. The results showed fluidity of identity (re)construction in the Mamasapano reports. The investigating bodies employed constructive and destructive strategies and strategies of perpetuation and justification as they (re)construct their identities across their reports to strengthen their reputation as pursuer of peace and justice, reinforce the integrity of their respective social groups, discredit their opponents, and enhance their credibility as protector of the country. Findings show that (re)constructed group identities vary depending on the context of the social actors. We found support to claims that within discursive acts, including those done through writing, are underlying strategies that enable social groups to realize their goals.

**KW:** Social Psychology

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**THE COMBAT MISSION AND CIVILIAN PROTECTION: RESOLVING POTENTIALLY CONTENDING IMPERATIVES IN TIMES OF WAR**  
**Rhodora Gail Tan-Illagan, PhD**  
**Ateneo de Davao University**

This article examines the evolution of the Philippine Army disaster response activities, with particular focus on the major changes brought about by the issuance in February 2010 of Republic Act 10121, or the Philippine Risk Reduction and Management Act. RA 10121 spells out the role of the Philippine military as an important and capable entity for disaster management due to its training, equipment, and organizational structure and its ability to perform a wide array of emergency actions even under the most adverse conditions. Thus, it is observed that with each succeeding human-initiated disaster that occurred after February 2010,
the Philippine Army would redefine the nature and extent of its humanitarian activities in support of affected civilian populations even as it actively deployed combat missions to neutralize armed threat to their community. In particular, this paper investigates how the Philippine Army rolled out its disaster relief operations during the 2013 Zamboanga siege and the 2017 Marawi crisis for implications on how civilian humanitarian actors can engage the troops in sharing the operational space of future human-initiated disasters.

**KW:** Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

**TRANSITION FROM CIVILIAN TO MILITARY: STRESSORS AND PROTECTIVE FACTORS OF STRESS**

*Jona B. Abanag*

*Philippine Military Academy*

The capacity and ability of cadets are constantly challenged as they transition from being civilian to military. This study investigates the prevalent stressor and prevalent protective factor and the impact of the protective factors to the stressors among fourthclass cadets during their transition from civilian to military. Four measures, namely the Stressor Scale, Social Support Questionnaire (SSQ), Work as Meaning Inventory (WAMI) and Leadership Support were utilized to 191 freshmen cadets in Philippine Military Academy. The descriptive-survey method was used to describe the prevalent stressors and protective factors among fourthclass cadets. Hierarchical Multiple Regression Statistical Analysis was computed to determine which among the protective factors scores can best predict the variance in the stressors scores. The fourthclass cadets identified military environment, homesickness and upperclassmen as common types of stressors. The prevalent protective factors identified were meaning in life, and leadership support. Leadership appeared to be the strongest predictor and sole contributor to the stressors upperclassmen and academic requirements. Meaning in life emerged as the strongest predictor and sole contributor to the stressor military environment. These may be attributed to the cadets’ career exploration, search of meaning, organizational tenure, environmental mastery, hierarchical system, followership, responsibilities of the squad leaders and self-expectations.

**KW:** Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

**DIFFERENTIAL VICTIMHOOD COGNITIONS OF THE BANGSAMORO AND CHRISTIAN GROUPS**

*Paul Danielle P. Labor*

*University of the Philippines - Diliman*

Groups in states of tension and conflict inflict aggressive or even violent acts toward each other. Through these experiences, a mental state develops which focuses on these perceived harms. Collective victimhood (CV) is a ‘lasting psychological state of mind that involves beliefs, attitudes, and emotions’ focusing on perceived in-group harm (Bar-Tal, Chernyak-Hai, Schori, & Gundar, 2009, p. 231). How groups in states of tension and conflict cognize about their in-group’s respective harm experience has important implications on how they may respond and
how these responses can shape intergroup relations. The goal of this study is to determine the victimhood cognitions of the Bangsamoro and Christian groups. Using data gathered from a survey of 954 participants, exploratory principal factors extraction with direct oblimin rotation (with Kaiser Normalization) for each subsample was performed. Results for the Bangsamoro group indicate six (6) CV cognitions accounting for 40.06% of total variance: (F1) Perceived Threat, (F2) Fear of Victimizing, (F3) Group Protection and Cohesion, (F4) Similarity of Experienced Suffering, (F5) Centrality, and (F6) Hostile Distrust. For the Christian group, six (6) CV cognitions accounting for 38.08% of total variance was extracted: (F1) Perceived Threat, (F2) Fear of Victimizing, (F3) Perceived Outgroup Harm, (F4) Group Protection and Cohesion, (F5) Perceived In-group Harm, and (F6) Distrust. Implications on CV theorizing and intergroup relations will be discussed.

KW: Social Psychology

A CASE STUDY USING EXTERNALIZATION AND A LIVING DOCUMENT IN NARRATIVE THERAPY

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One of the commonly used techniques in narrative therapy is externalization, wherein the therapist guides the client towards viewing their problems as external to themselves. This case study focuses on the use of the externalization technique with a client struggling with persistent negative thoughts and suicidal ideation. This presentation elaborates on the use of this technique to help the client visualize her critical voice as something external and quite powerful. After familiarizing herself with the critical voice, a therapeutic letter was written, detailing how she felt about the effects of the critical voice on her.

KW: Clinical Psychology, Counseling Psychology

THICKENING ALTERNATIVE STORIES: A STRATEGY IN NARRATIVE THERAPY IN A CASE OF DEPRESSION AND SELF-HARM

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In Narrative therapy (NT), “problems are viewed as arising from and being maintained by certain oppressive stories which dominate the person’s life” (Carr, 1998). One of the strategies in narrative therapy is to help the client re-author their stories to assist them in addressing the concern that brought them to therapy (Carrey & Russell, 2003). This involves identifying and thickening alternative stories of the client. This is a case of Rico, a 15 year old male who experienced symptoms of depression and self-harm. Using the strategy of thickening alternative stories, a new narrative surfaced, which is a story wherein he is not the depressed and
IDENTITY AS TEAMWORK: A STRATEGY IN NARRATIVE THERAPY IN A CASE OF DEPRESSION AND SUICIDAL IDEATIONS
Karina Therese G. Fernandez, PhD
Ateneo de Manila University; Ateneo Bulatao Center

Narrative Therapy emphasizes that our identity is based on the story we tell of our lives, and the meaning we attach to that story. Based on this assumption, Denborough (2014) discusses an idea that our lives and identities can be understood as a team or a club, where therapeutic conversations revolve around discussions framed using the different components of a club such as membership, recruitment, laws, mission-vision, and goals. This presentation elaborates on the case of Jana and how different clubs of identity (Jana as a Failure and Jana as Worthy), with its different members and goals, try to recruit her into their organization, and how this therapeutic strategy has allowed her to be proactive and make choices about what voices are more important in her life, moving her from an internalized sense of failure to control about who she believes she is as a person.
KW: Clinical Psychology, Counseling Psychology

USING PERSONIFICATION IN HELPING A CLIENT MANAGE BLACKOUTS AND PANIC ATTACKS
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Narrative therapy (NT) as a therapeutic framework believes that “the person is not the problem, the problem is the problem” (White, 1989). It separates clients from their issues. One strategy that helps bring about this goal is externalization. Externalization encourages clients to objectify or personify a problem. This gives clients an image that they can interact with to explore how the issue is oppressing them and to help them gain power over it, while minimizing self-blame. This presentation shares the journey to agency of a college student who experience frequent panic attacks, and passes out after she hears ringing in her ears. Using personification, she drew an image of this problem she named as AZ - a monster with very long fingernails. During sessions, the client is asked to interact with AZ to get to know its tricks, strategies, what she wants, and to try to negotiate with it. This eventually helped her gain more power over AZ. A few weeks after, she described that she no longer passes out and has more control over her panic attacks. She also shared that the long fingernails that AZ had to call her attention became shorter, as she no longer needed it.
KW: Clinical Psychology, Counseling Psychology
THE EFFECTS OF STRENGTH–BASED THERAPY FOR CAREGIVERS OF PERSONS WITH SEVERE AND PERSISTENT MENTAL ILLNESS
Najie B. Responte
Cebu Institute of Technology University

This study investigates the effects of Strength-Based Therapy to caregivers of family members with severe and persistent mental illness (SPMI). The study aims to know the experiences of the caregivers by identifying themes. Their experiences are the baseline for the case study. Pragmatic Case study is being implemented, and is analyzed using Standardized tools to assess a therapy session namely; WAI-SR, SEQ, HAQ-II, HAT, SCBS and Change Interview. Themes from experiences were arrived at using Collaizi’s method, highlighting on the clients strength, which are; resilience, hope, ignoring judgments of other people, faith in God, and Purpose. Using this findings focusing that strengths help the caregivers’ through their experiences. Therefore, SBT is appropriate as used. Effects of SBT are shown in the analysis of the four standardized tools in which trend analysis shows favorable effects to the clients. The goal of the treatment is achieved, the client reported the following major changes after the therapy; the practice of self-appreciation and affirmation, being grateful, appreciating the thing he once took for granted, smiling more often and being more sociable. The client’s subjective caregiving burden scale also decreases after the therapy sessions. With the findings it can be concluded that SBT, is effective for caregivers of family member with SPMI, and thus the strengths perspective does not only buffers stress but also helps the caregivers ‘find more meaning and purpose in their experiences.

Recommendations for utilization of pragmatic case study to strengthen practitioner-researcher based researches.
KW: Clinical Psychology, Counseling Psychology

EFFECTIVENESS OF 12-STEP INTERVENTION ON RESILIENCE AND HOPE AMONG CODEPENDENTS OF SUBSTANCE USE DEPENDENTS
Elita L. Cui, PhD
University of Southern Philippines Foundation

This study explored the level of codependency, resilience, and hope among codependents of substance use dependents. It was hypothesized that the level of resilience and hope among codependents could be improved by the 12-Step intervention. Ten wives of substance use dependents were selected to participate in the six-week intervention of weekly four-hour sessions of 12-step work. Data regarding the participants’ levels of codependency, resilience, and hope were obtained by their completing three instruments, namely Spann-Fischer Codependency Scale, Resilience Scale, and Adult Hope “The Future” Scale at the
beginning and at the end of the intervention. Pre- and post-test data showed that the participants’ resilience had improved by 80%, hope had improved by 100%, and their level of codependency decreased by 80%, considered as a significant improvement in such a short time period. Results revealed that the 12-Step work intervention is effective on the levels of resilience, hope, and codependency among wives of substance use dependents.

KW: resilience, hope, codependency, Drug Recovery & Addiction Science

SYNERGY (RPsyneRGC): SYNERGISTIC APPROACH IN HANDLING PSYCHOLOGICAL TREATMENT OF AN ABUSE CHILD
Jojet Lamberto R. Mondares
Psychstart Psychological, Academic and Art Services
Jonna Y. Fabros-Mondares
Philippine Military Academy

Most of the time RPsy’s and RGC’s do not come together in handling a case. It is often necessary to terminate the therapeutic relationship of a client with one before she can see another. In this presentation, it will be shared how a psychologist (RPsy) and a counselor (RGC) came up with a synergistic approach in handling a child abuse case. Included are framework of approach, objectives and step by step interventions in order to attain the goals of intervention. The RPsy served as the primary therapist while the RGC served as the support. In the partnership of the two professionals, the abused child was helped in eventually giving a statement to the police and social worker after seven sessions of intervention.

KW: Clinical Psychology

EFFICACY OF CAREGIVERS OUTPATIENTS PSYCHO-EDUCATION (COPE) INTERVENTION ON PSYCHOLOGICAL DISTRESS, QUALITY OF LIFE AND COPING MECHANISM
Devonni S. Hingone
Saint Columban College

Family caregivers who are the care provider of family patients’ with chronic illness conditions reported increased stress, decreased physical and emotional health as an effect in the accumulated demands in long- term caregiving. This single focus group quasi-experimental study aimed to determine the efficacy of caregivers’ outpatient psycho-education (COPE) intervention in reducing the psychological distress, increase quality of life and coping of family caregivers. There were twelve (12) participants who are all pretested using the Burden Scale for Family Caregivers, Adult Carer Quality of Life Questionnaire and Brief Cope Inventory to measure the dependent variables in this study which are level on psychological distress, quality of life and coping mechanism. After the participants have pretested, they received the four (4) sessions COPE intervention program. Significant improvement in the scores was observed from pretest-posttest data on the reduction of psychological distress while there was an increase in quality of life and adaptive coping among the participants after the intervention. Thus, COPE as an intervention program was found to be effective in helping alleviate the psychological distress, quality of life and coping mechanism of family caregivers.
Keywords: Caregivers of Outpatient Psycho-Education Intervention, Family Caregivers, Psychological Distress, Quality life and Coping Mechanism
KW: Clinical Psychology

EXPLORING CHATBOTS AS STORYTELLING COMPANIONS
Ethel Chua Joy Ong
De La Salle University

Chatbots are gaining grounds in the industry today. The capabilities of these conversational agents have extended from simply performing tasks as mandated by their human users, such as turning on/off the lights, playing your favorite music, and reminding you about an upcoming event (Amazon Alexa), to one who can search for information given some search condition, and find a location (Google Assistant, Siri). Their perceived ability to engage their human users in “intelligent” conversations 24x7 made them useful in online retail applications to answer routine questions from customers, such as the products and services offered by a particular company. In healthcare, chatbots are also being used to provide the counseling and “listening” ear typically needed by a person who is experiencing some mental health issues. Given all these potential that chatbots offer to the public, can we expect these conversational agents to be able to engage in social storytelling with children? In this paper, we present the prospects of chatbots that can share stories with children. We discuss our initial findings on how children perceive these chatbots as storytelling partners, and expound on opportunities for these technologies to address the varying storytelling needs of different children.

HUMAN-TO-HUMAN STORYTELLING: TOWARDS THE DESIGN OF INTELLIGENT CONVERSATIONAL AGENTS
Joahna-Mante Estacio
De La Salle University

Recent innovative practices in man-machine interaction can be achieved through intelligent conversations in the form of stories and storytelling between the human users and the conversational agent. Doing this calls for two major steps: text understanding and text generation. The current study focuses on the first as it aims to provide a description of interactional moves and strategies between teacher and students within the context of human-to-human storytelling. Storytelling sessions in reading classes at different grade levels were audio recorded, transcribed, and analyzed using Graesser, Person and Huber (GPH) scheme (1992). Results reveal that the pattern of exchanges between teachers and students during storytelling sessions is almost exclusively Question and Answer while the strategies employed are those that reveal activating, prompting, hinting, feedbacking, and evaluating. This will help
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inform human-machine interaction specifically involving intelligent conversational agents in a storytelling context. This is envisioned to later help in the development of AI-based platforms and paradigms within and outside the classroom not only for storytelling purposes, but also for reading and other language-related pedagogical needs.

KW: Developmental Psychology, Social Psychology

SUPPLEMENTING DOCTOR-PATIENT INTERACTIONS THROUGH CHATBOTS
Ethel Chua Joy Ong & Beatris Mariell Choo
De La Salle University

Interactions between doctors and patients are vital yet fleeting parts of our lives. The exchange between doctor and patient during an appointment must be quick but substantial enough for the doctor to be able to recommend a treatment that can help keep the patient healthy until their next appointment a few months later. Despite the importance of these appointments, it can be difficult to set time aside to get more information about a single patient’s daily life and health. Forms can be used to get information, but when information about health is unstructured as it is, it can be difficult for patients to sum up their experiences properly into fields on a page. What comes natural to many patients, however, is the experience of describing their life in natural language when talking to another person. Chatbots are conversational agents that are meant to mimic these human interactions. In healthcare, chatbots can be an important and easily accessible tool in obtaining data about a patient’s conditions, symptoms, and experiences, if it is taught what to look for. With the ability to process natural language, a chatbot can also summarize this data into useful information for a doctor to read and use.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

A CONVERSATIONAL AGENT FOR HEALTH MONITORING OF PUBLIC SCHOOL CHILDREN
Jaymee Abigail Pantaleon, Ma. Christine Agena Gendrano & Judith Azcarraga
De La Salle University

With the goal of providing the poor with access to quality healthcare, GeeBee, a conversational agent, is designed to interact with young children in order to collect baseline health and wellness information from them. The agent can also perform wellness assessment, and generate individual health records of children as well as aggregated health information that can be used as basis for public health monitoring and decision-making. The use of conversational agents seeks to address the varied socio-cultural contexts of the school children, patients and the medical professionals, and the severely limited infrastructural conditions of the different targeted sites, especially in rural areas and remote island provinces. More importantly, the system would allow for the automatic selection and referral of children with some “health issues” that may need a more in-depth consultation, either via the GetBetter tele-medicine system, or for urgent cases, a
face-to-face consultation with partner doctors.
KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

COGNITIVE HARDINESS IN RELATION TO PERCEIVED STRESS
Vincent Thomas Evangelista
University of San Jose-Recoletos

The current research aimed to explore the relationship between cognitive hardiness and perceived stress among fifty (50) Cebuano boxers. Moreover, it sought to quantify cognitive hardiness’ components and identify which dimension greatly influenced cognitive hardiness’ development and thus mediated perceived stress levels the most. A self-report survey was utilized to measure the level of cognitive hardiness and perceived stress of the respondents. Analyses of the data were performed using a quantitative–correlational research design with other statistical procedures namely, weighted mean, linear regression and t-test. Results showed that the cognitive hardiness levels among participants are inversely proportional with their perceived stress levels depicted through the negative slope of a regression model (-0.1409). It was also found that the component control, with the factor average of 1.77, had the strongest influence on mitigating one’s perceived stress. This suggested that boxers who have high level of control are less likely to perceive demanding situations as stressful. Findings were consistent with other studies viewing hardiness as a buffer or mitigating factor to life stressors that help individuals effectively adapt and cope with a demanding environment.
KW: cognitive hardiness, perceived stress, Sport and Exercise Psychology

MENTAL TOUGHNESS AND ITS RELATIONSHIP TO PERCEIVED STRESS: A COMPARATIVE STUDY COMPARING ATHLETES AND NON-ATHLETES IN THE COLLEGIATE LEVEL
Emmanuel Johann Q. Leonardo, Donn Anthony M. Monzon, Lowel L. Urian & Rodel Canlas, PhD
University of Sto. Tomas

Mental toughness is a concept that originated in sports psychology, however recently, there has been growing interest to study this construct outside of the sports setting. This study aimed to investigate the relationship between mental toughness and perceived stress of undergraduate students and student-athletes. In particular, the study utilized a cross-sectional, survey research design, and employed stratified convenience sampling in order to obtain participants. The research instruments were the Mental Toughness Questionnaire 48 (MTQ-48) and the Perceived Stress Scale 10 (PSS-10). In analyzing the gathered data, the Pearson’s Correlation Coefficient, Point-biserial Correlation Coefficient, t-test for independent samples, and hierarchical multiple regression were used. The results
indicate that there is a significant negative correlation between mental toughness, its sub-factors, and perceived stress. In addition, age and sex are found to be significantly correlated to perceived stress, while for mental toughness, only age has a significant correlation. A significant difference is found between the level of mental toughness, its sub-factors, and perceived stress of athletes and non-athletes, as indicated by the result of the t-test. Lastly, all variables (age & sex, overall mental toughness score, and athletic status) entered into the regression model contribute significantly to the prediction of perceived stress.

KW: mental toughness, perceived stress, students, student-athletes, Sport and Exercise Psychology

MENTAL HEALTH AWARENESS AND BELIEFS OF FILIPINO PERSONAL TRAINERS: AN EXPLORATORY STUDY
Beatriz Torre & Dan Angelo Cabading
360 Fitness/UP Diliman

Research findings demonstrate a robust relationship between physical exercise and mental health and well-being (Deslandes et al., 2009; Morgan & Gouldston, 2013; Stathopoulou et al., 2006). However, professionals who work in exercise and physical activity settings such as fitness centers may have varying awareness and beliefs about issues related to mental health. Using quantitative survey data obtained from 150 personal trainers working in various settings, the current study examines personal trainers’ mental health awareness and beliefs and investigates the relationships between these beliefs and other variables including personality traits, personal mental health and self-efficacy in helping their clients reach their goals. Key findings from the survey data and implications for the promotion of mental health awareness among professionals in the fitness industry are discussed.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Sport and Exercise Psychology

COMPARISON OF GROUP EXERCISE PARTICIPATION VERSUS INDIVIDUAL EXERCISE MOTIVATIONS AND PERCEIVED BENEFITS AMONG FILIPINO ADULTS
Beatriz Torre
University of the Philippines-Diliman

The benefits of exercise and physical activity for physical and mental health are widely known; for instance, regular participation in physical activity is associated with reduced anxiety and depression and enhanced psychological well-being. However, national survey data show that relatively few Filipinos exercise regularly. Previous research in the Philippine setting as well as in other contexts suggests that different motives may influence participation in different types of physical activity such as exercise (defined as physical activity that is volitional, purposive, and requires simple motor skills) versus sport (physical activity that is usually competitive, has organized rules and requirements, and requires complex motor skills). In particular, recent research showed that among Filipino college students, motives concerning health and fitness as well as weight
management and appearance are related more to exercise than sport, while motives related to social engagement are more associated with sport than with exercise. The present study seeks to extend these findings by examining the motivations and perceived benefits of Filipino adults who primarily engage in group exercise activities in comparison with the motivations and perceived benefits of Filipino adults who primarily engage in individual exercise activities. Findings from both quantitative measures in the form of the Exercise Motivation Inventory 2 (EMI-2, Kilpatrick et al. 2005, Markland & Ingledew 1997) and qualitative measures in the form of interviews will be discussed, along with implications for physical activity promotion among diverse Filipinos adults.

KW: Sport and Exercise Psychology

ADOLESCENTS WITH MOOD DISORDERS: A BASIS FOR A SCHOOL-BASED INTERVENTION PROGRAM
Thea C. Boborol
Jose Rizal Memorial State University

This study utilized a mixed method sequential explanatory strategy in understanding the lived experiences of adolescents with mood disorders. In the first phase, 361 participants, ages ranged from 13-19 years old, were assessed to determine their level of difficulty in the six domains of life. Results revealed mild difficulties in cognition, mobility, getting around, getting along and participation. From the participants, 110 were assessed to determine the level of severity of depressive symptoms and the presence of symptoms of bipolar spectrum disorder. Mean score of 2.45 denotes mild depressive symptoms and 13 participants have positive symptoms of bipolar spectrum disorder. The second phase, a semi-structured interview was conducted with seven selected participants. A phenomenological design using thematic analysis was used to analyze the qualitative data. Seven (7) themes emerged from this study, namely: 1) traumatic experiences, 2) stressful life events, 3) negative thoughts/emotions, 4) suicidal behaviors, 5) disruption in normal functioning, 6) coping, and 7) lack of social support. This study highlights the importance of developing a school-based intervention program to promote student’s well-being and to help them deal with their problems.

KW: Clinical Psychology

EFFECTIVENESS OF THE PRE-REFERRAL INSTRUCTIONAL SUPPORT MODULE (PRISM) IN ADDRESSING THE SOCIO-EMOTIONAL PROBLEMS OF PUBLIC SCHOOL CHILDREN
Marie Antonette S. Vargas, PhD, Eleanor Bahrami, Karen Onglatco, Pia Rabacal, Hubert Ramos & Bernard Saldivar
University of Santo Tomas

After developing the Tool for Measuring Acquired Skills (ToMAS) for children at risk, the team realized the very strong need to
come up with a support module that teachers can use while waiting for the pupil’s appointment with the specialist. Entitled Pre-Referral Instructional Support Module (PRISM), this manual is empirically based on the research conducted by the team among children in public schools. Phase 1, the qualitative portion of the research, focused on an in-depth interview with teachers who used the manual on identified children at risk. Phase 2, the quantitative portion, made use of a true experimental-control group design to determine the effectiveness of PRISM. Children at risk were given the Brigance and ToMAS prior to the implementation of PRISM. The program was conducted for 6 weeks, after which, Brigance and ToMAS was again administered. 

KW: Socio-emotional behavior, Inclusive education, children with special needs, public school children, Assessment Psychology, Clinical Psychology, Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

DEVELOPING AND ASSESSING A STRESS MANAGEMENT PROGRAM FOR STUDENT ACHIEVERS FROM LOW SES COMMUNITIES: PROCESS AND INSIGHTS
Gilda Dans-Lopez, PhD
Ateneo Bulatao Center for Psychological Services
Angelique Pearl Virtue P. Villasanta
Ateneo de Manila University

The need for interventions to support high-achieving students is seldom talked about. Typically, teachers and parents identify low-performing students as those who need support. Thus, high-achieving students are typically left to find their own ways of supporting. While high-achieving students may have needs that are common among teens, we argue that they carry struggles and may have stresses that their other peers may not have. Particularly for those coming from low SES communities, high-achievers feel the added burden of getting scholarships to ease the financial burden from their families. With this compounding intersection of stresses (e.g., increased parental expectations, financial stress, school stress), we identify a need to craft a stress management program specifically for high-achieving youths from disadvantaged communities. In this presentation, we discuss our process of developing the stress management program. We will present data gathered from the following sources: (a) needs analysis, (b) session observations, (c) pretest and posttest results, and (d) qualitative feedback from participants. In crafting the program, we draw from concepts of mindfulness, cognitive therapy, and self-compassion. This presentation may be beneficial to those who wish to develop interventions, those working with adolescents, or those interested in the topics of stress and anxiety. 

KW: Clinical Psychology, Counseling Psychology

DEVELOPMENT AND IMPLEMENTATION OF A SCHOOL-BASED MENTAL HEALTH PROGRAM FOR ADOLESCENTS AT-RISK
Analyn O. Leysa, PhD
Ateneo de Davao University

This study sought to develop a school-based intervention program for adolescent
college students. Specifically, it determined their mental health profile, through the General Health Questionnaire-28, before and after participating in the 10-session Cognitive Behavior Therapy-based group intervention program, which has four modules with two sessions allotted for each. From the six hundred eighty two First Year students pretested, 369 or 54.10% had high scores in the dimensions of depression, anxiety, social withdrawal and somatic symptoms. Of these, the top forty highest scorers were invited to voluntarily participate in the group intervention program. Results revealed that participants have high levels of anxiety and depression and average levels of social withdrawal and somatic symptoms before their participation in the program. Post-test scores, on the other hand, revealed average levels in participants’ mean scores in all the four dimensions. Furthermore, a significant difference was established in participants’ level of anxiety, depression and social withdrawal before and after the group intervention program while there was no significant change in the somatic symptom dimension. Finally, the 10 session CBT-based group intervention program was found effective in reducing participants’ experiences of psychological distress.

KW: Clinical Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

URBAN FILIPINAS IN MIDLIFE: CONCERNS, EXPERIENCES, AND BEHAVIORS
Angela V. Regala, PhD
Assumption College

This study explored the concerns, experiences, and behaviors of urban Filipino women at midlife. A purposive sample of 236 Filipino women living in two major cities in the Philippines, Manila and Cebu, were the respondents of this descriptive survey. Content analysis of their definitions of what a Midlife Crisis is and descriptive statistics were employed. For urban Filipinas, midlife crisis is defined by changes, challenges, and being in transition. Most prevalent changes identified were affective and physical changes. Others cited behavioral and cognitive changes. Midlife crisis was also perceived as a time of challenge. Urban Filipinas characterized midlife as a period of confusion and doubt which leads to fear. Furthermore, midlife crisis was defined as a phase of life that is inevitable, universal, and temporal. The most prevalent midlife crisis experiences were in the areas of affective and physical changes.
concerns among urban Filipino women included poor health concerns, caring for aging and/or ill parents, health of a family member, financial problems, and career challenges. In relation to the reported midlife concerns, urban Filipinas experienced worry, doubt, anxiety, loneliness, and feelings of emptiness. The respondents reassessed their financial status and plans, worried unnecessarily, re-evaluated priorities and goals, paid extra attention to their physical appearance, and spent more time on leisure and exercise. The women perceive the following to be the most helpful in dealing with their midlife concerns: a) family support, b) talking to God, c) support from friends, d) have increased positivity and motivation and keeping oneself occupied, and e) religion. Urban Filipinas wanted to receive the following assistance from a therapist: a) learn problem solving and coping skills, b) be given advice on how to address a midlife crisis, c) learn more information on midlife crisis, d) receive emotional support, and e) have a therapist to actively listen to them. The sample taken for the survey cannot be described as random and representative of all Filipino women at midlife. It is recommended that further research be done with samples of Filipino women belonging to different socio-economic status and from rural areas. Individual counseling sessions for Filipino women looking into personal adjustment with the view of helping them adjust their individual ineffective behaviors would also be helpful. Likewise, counselor education can focus on designing an awareness program for counselors on the physical, psychological, and social needs of Filipino women in midlife so that they can best serve this special group of counselees.

KW: Developmental Psychology

EXPERIENCES OF WOMEN WITH SUBSTANCE USE DISORDERS IN TREATMENT CENTERS: AN EXPLORATORY STUDY
Therese Castillo
Seagulls Flight Foundation
Ma. Veronica Felipe
Colombo Plan Drug Advisory Programme

Women with substance use problems also make up a special population, which has not received enough attention in the development of policies and treatment services. The gap in gender specific interventions remains evident although there are an increasing number of Filipino women seeking treatment for Substance Use Disorder (SUD). This study aims to describe the experiences of Filipino women in SUD treatment centers and identify the barriers to treatment, perceived gender responsive support, and gaps in treatment through case study. Four purposively sampled women who were in treatment within the years 2016 and 2017 provided data through semi-structured interview. Findings revealed that substance use and barriers to treatment occur in the context of significant relationships, and perceived safety and security. This study reveals various considerations in SUD treatment service provision that could encourage and engage women to seek treatment.

Keywords: Substance Use Disorders, Gender-responsive interventions
KW: Drug Recovery & Addiction Science
JOURNEY THROUGH SUDDEN BEREAVEMENT OF FILIPINA EMERGING ADULTS: A NARRATIVE ANALYSIS
Ivana Marie P. Mabunay
Ateneo de Manila University

This narrative analysis explored the journey of Filipina emerging adults through sudden bereavement from a person they deemed close to them. Results of holistic-content and holistic-form analysis of each participant revealed that upon the awareness of the extent of the condition of the person they were going to lose, they took on the role of being one of the most involved in taking care of the person. Their emotions dulled during the time of death up to the wake. Initial coping involved looking for a sense of normalcy or familiarity such as in work. Typical functioning was maintained, but came with intermittent waves of emotions. Participants came to an eventual turning point to adaptively cope with their emotions and prioritize self-care, such as seeking for counseling services or acquiring a mindset that conscientiously takes care of themselves. The result of successful self-focus and acceptance of responsibility for oneself empowered the participants to face any adversity in the future. Participants obtained life lessons as the experience ultimately changed the course of their lives, which suggest that the journey is still ongoing and lifelong. Theoretical implications on research, practical implications on counseling bereaved clients, and recommendations for future research were discussed.
KW: Clinical Psychology, Counseling Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

AS PLIANT AS THE BAMBOO: A GROUNDED THEORY STUDY OF THE RESILIENCY EXPERIENCES OF A SELECTED GROUP OF FILIPINO WIDOWS
Marc Eric S. Reyes, PhD, Angienette C. Evangelista & Allan B. De Guzman, PhD
University of Santo Tomas

Widowhood as a transition process is one of the most overwhelming human experience that needs to be explored. Across the globe, little is known about the different bouncing-back strategies undertaken by young widows with dependent children after the sudden death of their spouse. This naturalist-driven inquiry aims to emerge a theoretical perspective that describes the process through which a selected group of widows (n=20) from the Luzon Region, Philippines experience resiliency. Capitalising the power of grounded theory design, sense making of field texts were carried out through open, axial, and selective coding procedures (Stauss & Corbin, 1990). Initial codes of each selection were closely examined and compared with other selections that meaningfully form the zigzag of resiliency experience. Themes and subthemes emerged in the study were subjected to member checking procedure and critical friend technique to ensure the overall trustworthiness and truthfulness of the individual and collective stories of the participants. Interestingly, the study afforded the emergence of the GRIT Resiliency Model that describes how a select group of young Filipino widows experience resiliency as they undergo
grieving, ruminating, incubating and transcending stages. These stages are critical lenses through which one understands how widows rise above their traumatic experience and become resilient individuals. The emerged theoretical model is a valuable compass in the design and development of a grieving, healing and resiliency intervention program geared toward helping and enabling widows to successfully and solidly address the myriad of difficulties arising from the sudden death of their spouses.

KW: Clinical Psychology

DISCURSIVE LEGITIMATION OF THE ANTI-DRUG OPERATIONS BY THE GOVERNMENT AND CITIZEN SUPPORTERS

Cristina J. Montiel, PhD & Ryan Angelo P. Camacho
Ateneo de Manila University

The present study looks at utterances that support the Philippine government’s Anti-Drug Operations. Within this political episode, we argue that typical conceptualizations of legitimation in traditional and discursive fields focus on static and one-sided versions. We propose instead the existence of distinct yet bi-directionally related forms of legitimation enacted by the government and legitimation enacted by citizens. We anchor this proposal upon a positioning framework. To support this conceptual distinction, we employ a mixed methods approach. For quantitative text mining procedures, we built and validated a classification model using Support Vector Machines (SVM) which successfully distinguished between government and citizen utterances with a moderate accuracy of 78.12%. Through Principal Component Analysis and qualitative positioning analysis of the utterances, we uncovered three storylines for the government and three storylines from the citizens. We discover that bi-directional legitimation occurs within specific positionings that connect the storylines of the government and citizens. This study suggests that citizen discourse contributes to a political atmosphere of violence on a different and yet equivalent level to government politicians. We recommend for practitioners in socio-political fields to shift in focus to equally observe the unique discourse of citizens to statements and media sourced from their governments.

KW: Social Psychology

FRYE-ING AND DAUBERT-ING THE ADMISSIBILITY OF EXPERT OPINIONS ON MARITAL NULLIFICATIONS

Antero Rosauro V. Arias, Jr., PhD
UST Graduate School and Mapua University

The Frye and Daubert standards, which had long been cited in several US Supreme Court decisions, were utilized as the empirical criteria in the admissibility or inadmissibility of expert opinions in the courts of law. Although these US Supreme Court decisions merely had a persuasive
effect in our jurisdiction, the local case of Herrera appeared to recognize the Frye and Daubert standards as part and parcel of Philippine jurisprudence. Using a matrix that tabulated the court’s appreciation for these experts’ compliance or noncompliance with these empirical standards, my study analyzed seven court transcripts of stenographic notes. Results indicated that all the opinions of these experts were Frye-compliant while only three were Daubert-compliant. The three transcripts that were Daubert-compliant indicated a direct intervention of the trial court judge as the so-called “gatekeeper” of empirical evidences. And despite the fact that the country had been rooted legally on the judge system vis-à-vis the jury system of the US whose majority of its states had been into Daubert, it now appeared that the country had not absolutely subscribed to the Daubert standards.

KW: Frye standards, Daubert standards, marital nullification, expert opinion, Clinical Psychology

INDICATORS OF LYING AND TRUTH TELLING BEHAVIOR OF COURT WITNESSES AS PERCEIVED BY TRIAL LAWYERS
Glenn G. Glarino, PhD & Andres S. Gerong, PhD
University of San Carlos

The trial lawyer profession is hinged in determining truth and falsity in witness testimonies with significant consequences—the acquittal or the incarceration of the accused person. This study was undertaken to identify behavioural cues used by trial lawyers in forming impressions as to the veracity of the narrative purported by a witness. Thirty trial lawyers in Cebu were asked what for them were lying and truth-telling cues. Foremost in the list of lying cues were poor eye contact, nervous behavior and evasive answers while the top three truth cues include direct and straight answers, good eye contact and immediacy responses. These results were juxtaposed with a survey done among members of the academic community as well as truth and lie cues found in scientific literature. Similarities and differences of results and literature as well as implications to trial law practice were discussed.

KW: Clinical Psychology, Social Psychology

DISCURSIVE PRODUCTION OF CONFLICT IN THE FEDERALISM TALK AMONG PHILIPPINE LEGISLATORS
Austin Jay Ferolino, Jona Singson, Hadji A. Balajadia & Karina Mae Uy
Ateneo de Davao University

Federalism as a political issue contested by Philippine legislators has become of interest in Political Psychology. Legislators engaged in the discussion of Federalism talked about it in different ways depending on their personal and political perspectives and positions. A sequential mixed-methods design was used to identify the words that were frequently mentioned in the news in reference to the pro- and anti-federalism legislators, and in the interviews done of them. The top 3 most frequent words that came out as associated with pro-federalism legislators were president, constitution and change. The top 3 most frequent words that were associated with anti-federalism legislators were people, government, and constitution. A thorough qualitative
analysis revealed that pro-federalism legislators view federalism as a solution to the country’s problems while anti-federalism legislators consider federalism as a threat to the power of the people. Utilizing Positioning Theory, discussions on Federalism put Philippine legislators into polarizing positions that produce conflict. As this paper looks into how conflict is produced among Philippine legislators in their positions and discussions about Federalism using discourse analysis, it also explores on alternative discourses.

KW: Social Psychology

Symposium 14: F3
ROMANTIC AND SEXUAL RELATIONSHIPS AMONG SEXUAL AND GENDER MINORITIES: DISCOURSES, DYNAMICS, ATTITUDES, AND PRACTICES
Beatriz A. Torre
Convener

PRO-RELATIONSHIP MOTIVATION OF SAME-SEX "BATANGUEÑO" COUPLES: BASIS FOR COUPLES COUNSELING TECHNIQUE
Romaine Gutierrez-Magboo
De La Salle University-Lipa

The study uses both quantitative and qualitative approaches to investigate the relationship dynamics of same-sex “Batangueño” Couples in terms of intimacy, investment, and perceived couple’s conflict during the course of the relationship. Self-report quantitative data were gathered using Sternberg’s Triangular Love Scale: Intimacy, (1999), Investment Scale by Rusbult, Martz and Agnew (1998), and the Couple’s Conflict Survey by Kurdek (1994), while qualitative data were gathered using focus group discussions guided by a semi-structured questionnaire. Same-sex Batangueño couples generally reported high levels of intimacy and Investment (satisfaction, investment, commitment) and low levels of quality of alternatives. These findings provide support for Rusbult’s Investment Model by and suggest that respondents practiced a pro-relationship motivation in handling their relationship. Moreover, same-sex couples commonly experience conflict particularly in terms of friends, personal values, smoking or drinking, previous lovers, lack of affection and job or school commitments. Conflict caused by mood, attitudes and behaviour were also noted. Additionally, intimacy and satisfaction created positive outcomes lessening the incidence of conflict and created pro-relationship mechanism except for alternatives. The paper also explores possible differences in personal characteristics of non-native Batangueño same-sex couples who became residents of the province and native Batangueño same-sex couples.

KW: Counseling Psychology, Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology
POSITIONING ANALYSIS OF INTERGROUP CONFLICT BETWEEN SUPPORTERS AND OPPOSERS OF SAME SEX MARRIAGE IN THE PHILIPPINES
Adrian B. Rigor
University of the Philippines Visayas – Miagao

Discourse and the power of language to shape realities are manifestations of human behavior which can facilitate the learning of human group behavior. In this study, same-sex marriage, one of the most contentious political and social issues in the Philippines was studied in the lens of Positioning Theory (Davies & Harre, 1990; Harre & van Langenhove, 1998). The aim is to understand the differences of positions, rights, duties, and social forces supporters and opposers exhibited in relation to same-sex marriage. This was achieved through extracted statements published online articles from two conflicting groups: same sex marriage supporters and opposers. Results showed three main storylines conflicting groups are oriented towards: same-sex marriage is a sin, same-sex marriage should be legalized, and same-sex union is an alternative to same-sex marriage. Opposers position themselves to have some moral ascendancy to prevent the legalization of same-sex marriage -- all to protect the will of God and the family, as an institution. Supporters are positioned as sinners that tolerate acts against religion, and they are only able to argue in relation to civil and social rights, that same-sex couples must be accorded to under the Philippine Constitution. The use of Positioning Theory unravels salient differences in the social space of conversation and discourse orientations of same-sex marriage in the Philippines. This may shed light on the nature of the interminable discourse of same sex marriage in a country bound by blurring lines of religious and cultural ideologies.

KW: same sex marriage, same sex union, LGBT, Positioning, discourse, Social Psychology

TRANSdating: EXPLORING COURTSHIP SCRIPTS AMONG TRANSPINAYS
Jonh Patrick de la Paz & Ver Reyes, PhD
Pamantasan ng Lungsod ng Marikina

Dating and courtship conventions in the Philippines are grounded on traditional and cultural beliefs. However, developments in technology and increasing awareness on sexual orientation, gender identities and expression, conventions on how romantic relationships start are being challenged. Using interview data, narratives of Filipino transwomen on their courtship experiences are thematically analyzed to outline the dating scripts and compared to heteronormative dating practices. Implications of the study are discussed particularly in areas of risky behavior, self-identity and negotiation of culturally dominant courtship practices and gendered dating.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology
THE DIFFERENTIAL EFFECTS OF RELIGIOSITY AND SEX GUILT ON SOCIOSEXUALITY
Donn E. Gaba
University of the Philippines-Diliman

Sociosexuality is an individual’s willingness to engage in casual sex (non-commercial sexual activity between two or more people which does not involve romance or commitment). Casual sex is usually classified as a high risk behavior not only because of the unwanted pregnancies or transmissible infections that may result from it, but also from strong negative emotional reactions that people get after having engaged in it. A lot of these negative emotional reactions are caused by sex guilt, which in turn is highest among the very religious. The present study analysed data from an online survey sent to college age young adults from Metro Manila (N=329, 67% female, 53% exclusively heterosexual) which took their measures on different scales including those for sociosexuality, religiosity, and sex guilt. Results indicated that apart from being male, non-exclusively heterosexual, single, and sexually initiated, relatively lower levels of sex guilt can reliably predicted unrestricted sociosexuality (stronger desires and more permissive attitudes and behaviors towards casual sex). On the other hand, religiosity did not predict sociosexuality restriction when all other variables were held constant. Implications and future directions are discussed.

KW: Lesbian, Gay, Bisexual, and Transgender (LGBT) Psychology, Social Psychology

FILIPINO TEST DEVELOPMENT APPROACH: VALIDATION STUDY OF CROSS-DIMENSIONAL FRAMEWORK
Angeline M. Mercado
University of Makati

Pakikipagkapwa of Filipino Psychology embodies the influence of the social context towards behavior, the expression of personality. However, most test development tend to focus on personality trait itself, forgetting the effects of social conditions. To address this, Cross-Dimensional Framework, a test development approach, was devised to integrate the social stipulations on every item. As applied to Cross-Dimensional Conscientiousness Scale (XC), this framework comes with two Consistency Scales which measure trait stability across subdomains (Trait Consistency Index), and social settings (Role Consistency Index), and four validity indices that evaluate the accuracy of Likert scale usage (Response Sensitivity Index), relative proximity of responses to each other (Response Rigidity Index), clustering of responses towards the center of the scale (Medial Response Tendency Index), and clustering of responses towards the extremes of the scale (Critical Response Tendency Index). Through assessment of scores, responding errors and biases can be detected. Upon validation against Minnesota Multiphasic
Personality Inventory (MMPI-2) profile of 106 conveniently sampled college students, specificity of 0.72 to 0.96 and hit rates of 0.61 to 0.84 were found. This paves way for the possibility of using Cross-Dimension Framework on developing other local personality inventories that aims to consider the socio-cultural factor of personality.

KW: Assessment Psychology, Social Psychology

DEVELOPMENT AND VALIDATION OF MAJOR DEPRESSIVE SYMPTOM SEVERITY INVENTORY
Imelu G. Morden, PhD & Michelle Anne L. Ferolino
Mindanao State University – Iligan Institute of Technology

Major depressive disorder (MDD) is a serious and debilitating mental health illness that 4.4% of individuals face today. Although several existing tools measure the DSM-5 MDD symptom structure, there is still an ongoing debate on the assessment of its symptom severity. This study developed a measurement tool that evaluates symptom severity using frequency and intensity rating symptoms. Utilizing 6,458 college students, confirmatory factor analysis was conducted on the proposed a priori MDD models. The results showed that MDD is best represented by two factors: somatic symptoms (i.e., appetite changes, sleep difficulties, psychomotor agitation/retardation, fatigue) and non-somatic symptoms (i.e., depressed mood, anhedonia, feelings of worthlessness, concentration difficulties, thoughts of death). The findings indicating significant relationships with generalized anxiety, major depression, somatic symptoms, and psychological distress provide evidences for criterion-related validity. Finally, the data portraying measurement invariance between frequency and intensity scores imply that both response formats are needed to capture severity of MDD. By implication, assessing independently frequency and intensity scores of MDD could inform clinicians in developing more nuanced interventions that would address both measures of MDD severity.

KW: major depression, scale development, symptom severity, frequency, intensity, Assessment Psychology, Clinical Psychology

THE YOUTH HOARDING RATING SCALE (YHRS): DEVELOPMENT AND INITIAL VALIDATION
Sheryll Ann Castillo & Rhalf Jayson F. Guanco
Adventist University of the Philippines, Department of Psychology

Hoarding is considered to be a significant concern of the elderly but recent studies would show that hoarding concerns start to emerge as early as adolescent years. However, existing psychometrically sound instrument that can quantify the multiple domains of hoarding in a developmentally subtle way is lacking which limits the exploration of hoarding in the younger population. The present study revealed the scale's development and preliminary validation. Using a multi-stage sampling process, a total of 640 (M age = 14.5, SD=1.4) non-clinical sample of adolescents from private and public high school
institutions in the Philippines during the school year 2018-2019 completed the self-report Youth Hoarding Rating Scale (YHRS). Principal Component Analysis (PCA) was used to examine the scale’s factor structure. Internal consistency was also investigated using Cronbach’s Alpha. The current findings revealed that PCA supported three factors namely cluttering, difficulty discarding and compulsive acquisition. Each subscale of YHRS revealed a strong internal consistency and the individual subscales are found to be reliable indicators of youth hoarding tendencies. All 17 items in YHRS had loadings greater than .50 indicating a solid or desirable component. YHRS is a useful measure of hoarding tendencies in the younger population. Its psychometric properties and usefulness in monitoring results of hoarding tendency interventions should be further explored.

KW: Assessment Psychology, Clinical Psychology, Developmental Psychology

AUTOMATED DATA COLLECTION OF PICTORIAL PEDIATRIC SYMPTOMS CHECKLIST IN FILIPINO (PPSC-FILIPINO)
Ma. Christine A. Gendrano, Judith J. Azcarraga, Jaymee Abigail K. Pantaleon, Jeruel G. Trinidad, Jr., Gabrielle Amze L. Raymundo & Kiersten Gyra A. Ramos
De La Salle University-Laguna Campus

People in the rural areas, especially the poor, tend to have limited access to mental health care tools and treatment. Aside from poverty, another reason is the limited number of mental health professionals that can be deployed to their communities. Studies have shown that incorporating Information and Communication Technology (ICT) into these services increase the likelihood of its accessibility among these individuals. By developing a system that can be easily distributed and deployed among different communities, mental health care services may become more accessible. We developed a system where PPSC-Filipino is implemented as an app for an Android mobile device. It collects data from respondents and automatically generates their score. Based on the results, the system generates a list of flagged respondents that would need further assessment. Since the system handles confidential and sensitive data, security features are implemented to ensure that the data acquired remains private.

KW: Assessment Psychology, Counseling Psychology, Developmental Psychology

BEYOND DIET: A LOOK INTO THE PSYCHOLOGICAL AND SOCIAL WELL-BEING OF VEGANS
Rey Alexander A. Buenaventura, Patricia Jean U. Misch, Nicole Anne M. Mariñas & Alyssa S. Matias
Mondriaan Aura College

This research aims to shed light into the experiences of vegans, provide sufficient information regarding veganism, and how it may affect their wellbeing to hopefully aid in understanding them and veganism further.
This research followed a qualitative and quantitative mixed method approach using semi-structured interviews, Ryff’s Scales of Psychological Well-being (PWB), and polls regarding speciesism, in which a total of 20 participants for the interviews, 66 participants for the PWB survey, and 145 participants for the polls were gathered from vegans residing in varying countries. Thematic analysis was used for the interviews, while findings from the survey were averaged per aspect of the PWB to support and possibly generalize the results from the interviews. Polls were also utilized to gain a general look into what vegans feel about speciesism. The results from this study favored a positive light for vegans seeing as the effects of their conscious choice of being vegan to their well-being leaned towards a positive direction.

**KW:** Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

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**DE-STIGMATIZATION: INSIGHT ON THE PSYCHOLOGICAL WELL-BEING AND ACCEPTANCE OF PEOPLE WITH HIV**

Johanna Lacap, Abigail Joy De Leon, Michael John Santos  & Poelyne Santos

Mondriaan Aura College

This qualitative and quantitative research study aims to provide insight regarding the personal experiences: relationships, self-worth, and subjective well-being of people diagnosed with HIV and help de-stigmatize the common notions about them. Individuals diagnosed with HIV from two different HIV treatment hubs willingly participated in the research study. The researchers used a semi-structured interview mixed in with pakikipagkwentuhan to look into the lives of people diagnosed with HIV and the Comprehensive Well-being Scale (CWS) to provide support for the results of the interview. The researchers used thematic analysis that pinpoints, examine, and record patterns in the interview. The findings of the research study gave a different perspective and better understanding on the psychological well-being and acceptance of people living with HIV.

**KW:** Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

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**QUALITY OF LIFE AND MENTAL WELL-BEING OF AETA COMMUNITY**

Reuel A. Bugawisan, Sean Nicar B. Posas, Lavern F. Pascual & Mary Grace S. Cayron

Mondriaan Aura College

This study aims to determine the Quality of life and Mental Well-being of Aeta Community. The primary concerns that Aetas face today are: (a) financial instability, (b) lack of education, (c) lack of health care, (d) discrimination, and (e) evicted from their own land. The researchers conducted this study at Block 27 Banca-Bancaan, Gordon Heights, Olongapo City. A total of 42 participants aged 15 years old to 63 years old, which were part of the Aeta community, willingly participated in this study. By the end of the study, it was concluded that there is relationship between quality of life and mental well-being of Aeta community. Therefore, each of them has desire to unite; they feel happy and contented. If one does not finish or even attend formal schooling, they value
one another based on character and there is no discrimination within their community; this indicates that they are capable to cope in their everyday life and contented to what they have and what situation they are in.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

WORK COMPETENCIES OF PERSONS WITH DIFFERENT ABILITIES (PWDS)

Narra Quiambao Carreon, Samantha Martin, Jessa Lee Brady & Angelyn Uy
Mondriaan Aura College

The main purpose of this study is to describe the competencies of the Persons with Disabilities in their work, how they shaped their lives through their personal experiences and provide enough information about PWDS. It is done through qualitative research method to gain an understanding of underlying reasons, opinions and motivations. Data is gathered through semi-structured interviews, written questionnaires, observations and group discussions. Fifteen participants from different departments were interviewed and answered the competency test to support the qualitative study. Personal Information Sheet was also included to obtain the participants’ demographic profile. A total of 8 participants got an above/average level of competency and a total of 11 participants got an above/average result in their performance evaluations from their supervisors. Moreover, all of the answers collected from the respondents found that their physical conditions did not affect their working competency.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

MALADAPTIVE POSTTRAUMA COGNITIONS MEDIATE THE RELATIONSHIP BETWEEN FATE CONTROL BELIEFS AND PSYCHOLOGICAL DISTRESS SYMPTOMS AMONG ARMED CONFLICT EVACUEES

Imelu G. Mordeno, PhD,
Esel Mae P. Pabillaran, Jezyl S. Esconde & Raymond B. Barrios
Mindanao State University – Iligan Institute of Technology
Jennifer Gay E. Carpio
De La Salle University and Mindanao State University – Iligan Institute of Technology

The prevailing notion on the influence of global beliefs (i.e., worldviews) in psychological health among trauma-exposed individuals contends that traumatic events shatter pre-existing views and beliefs about the self and the world. The shattering of assumptions leads to the increase of psychological distress. Although this explanation is plausible, to assume that global beliefs are always dissonant to the posttrauma experiences may not
necessarily be true. It could be argued that there are certain global beliefs of which are concordant to and enhance trauma-related cognitions and beliefs, and in turn, enhance psychological distress. This study seeks to examine how a worldview, specifically fate control belief, affects posttrauma cognitions, and in turn, increase psychological distress (i.e., trauma, anxiety, depression). Using a sample of 383 armed conflict survivors, the results revealed that fate control beliefs consistently influence PTSD, anxiety, and depression through negative cognitions, particularly negative cognitions about the world. The results provide evidence on the assertion that certain global beliefs solidifies situational beliefs (i.e., posttrauma cognitions) and increase the severity of distress among armed conflict survivors.

KW: fate control beliefs, posttrauma cognitions, psychological distress, armed conflict, Clinical Psychology

POSTTRAUMATIC COGNITIONS ON COMPLEX POSTTRAUMATIC STRESS DISORDER: THE MODERATING ROLE OF METACOGNITIVE BELIEFS
Imelu G. Morden, PhD,
Jarden Dear D. Esic, Caryl Jan C. Encabo,
Al Raven F. Diamante & Debi S. Galela
Mindanao State University – Iligan Institute of Technology

The inclusion of complex posttraumatic stress disorder (CPTSD) in the recently released 10th revision of International Classification of Diseases and Related Health Problems (ICD; World Health Organization [WHO], 2017) stimulated discourse on its diagnostic entity, etiology, and symptom development. This study intends to contribute to the discussion by examining the influence of posttraumatic cognitions and metacognitive beliefs on CPTSD. While the influence of posttraumatic cognitions and metacognitive beliefs have been extensively explored in studies pertaining to PTSD, how these would relate to CPTSD are yet to be explored. To fill the gap, this study investigated the moderating role of metacognitive beliefs on the relationship between posttraumatic cognitions and CPTSD among combat-exposed Philippine Army combatants and Philippine National Police officers (N=406). The results show that metacognitive beliefs moderated the relationship between posttrauma cognitions and CPTSD. The data imply that higher negative trauma-related cognitions increase CPTSD severity especially for individuals with greater metacognitive beliefs (i.e., the need to control thoughts, cognitive self-consciousness). The findings add to the growing literature of CPTSD and provide additional knowledge on the importance of cognitions and metacognitive beliefs to mental health in combat-exposed soldiers and police officers.

KW: Posttraumatic Cognitions, Metacognitive Beliefs, CPTSD Clinical Psychology
FAMILY DYNAMICS ON ATTITUDE TOWARDS PEACE: THE MEDIATING ROLE OF EMOTIONAL REGULATION STRATEGIES

Odessa May D. Escalona, Shalimar B. Baruang, Anne Edelienne P. Tadena, Nicole Kaye A. Callanta & Imelu G. Mordeno, PhD
Mindanao State University – Iligan Institute of Technology

Millions of children and adolescents around the world experience war in their daily lives (UN, General Assembly 2005). These experiences shape how they will view themselves, others, and the world. Increasing number of studies have shown that war-related experiences and exposure form children’s political attitudes. However, studies examining the role of family in the context of a conflict-ridden environment is very minimal. This is unfortunate considering that a wealth of studies have shown the role of family dynamics in the development of children’s attitude, particularly their social behaviors. This study intends to investigate the association between family relationships and attitude towards peace through emotional regulation strategies. A total of 430 adolescents, ages 13-18, participated in the study and answered a set of scales assessing family relationships, emotion regulation, and attitude towards peace. The results showed that emotional regulation mediates the relationship between family cohesion and attitude towards peace. These findings suggest that the more cohesive the family is, the more they will form an attitude favorable to peace due to increased use of adaptive emotional regulation strategies. Overall, the results are relevant as studies have shown that political attitudes develop during childhood is predictive of political attitudes in adulthood.

KW: attitude towards peace, family dynamics, emotional regulation, Social Psychology

THE FREQUENCY OF CONTACT TO OUT-GROUP MEMBERS MEDIATE THE RELATIONSHIP BETWEEN POSITIVE AFFECT AND ATTITUDE TOWARDS PEACE

Luz Patrizsa Hyacinth C. Villamor, Elenjoy P. Guerra, Aaron John T. Gonzaga & Imelu G. Mordeno, PhD
Mindanao State University – Iligan Institute of Technology

Most recent studies have emphasized the salient role of emotions in the formation of political attitudes. In line with this notion, this study examines the role of positive affect in relation to the development of positive attitude towards peace as mediated by the frequency of contact of in-group members to the out-group. A sample of 932 conflict-exposed respondents answered a packet of self-report scales assessing individual and intergroup positive emotions, frequency of contact, and attitude towards peace. The results showed that positive affect, in both intergroup and individual levels, consistently predict positive attitude towards peace due to frequent contacts to out-group members. These results imply that when respondents experience positive emotions individually and as members of an in-group, the more likely they will initiate frequent contacts to the out-group, and in turn, will develop positive attitude towards peace. The overall findings are relevant in the crafting of peace education interventions that would
include promotion of positive affect and encourage interactions between in-group and out-group members.

KW: positive emotions, intergroup and individual emotions, intergroup and individual contact, attitude towards peace, Social Psychology

OSAEC EXPERIENCE AND IMPACT ON CHILDREN’S PSYCHOLOGICAL WELLBEING
Maria Caridad H. Tarroja, PhD
Patricia R. Simon, Ma. Araceli B. Alcala & Ron R. Resurreccion, PhD
De La Salle University-Manila

This part of the symposium describes the profile, characteristics, and experiences of OSAEC victims and survivors as narrated by various key informants, social workers, lawyers, law enforcers, house parents, and other responders and stakeholders who are involved and responsible for the prevention of and intervention for this phenomenon. Through a qualitative study, themes were generated and clustered in terms of their motivation, experiences in recruitment and grooming, online abuse and exploitation, rescue, investigation and aftercare, and reintegration. The impact of the experience, rescue and investigation, disclosure and living in the shelter is likewise discussed. Other relevant themes that emerged in data are sense of safety, sense of shame, emotional attachment to perpetrator, resiliency of children. The study likewise looked into role of family, the community, and social norms in preventing and perpetuating the OSAEC phenomenon.

KW: Clinical Psychology

OSAEC PHENOMENON: OFFENDERS PERSPECTIVE
Agnes Villegas
Voice of the Free (VF)
Ma. Angeles G. Lapena
Global Resources for Assessment, Curriculum, and Evaluation (GRACE)

A qualitative research into the profile, motivations, and ways of operating of offenders (perpetrators and enablers) of online sexual abuse and exploitation of children was conducted through records analysis and key informant interviews. Specifically, the study was able to gather data on a) the profile, characteristics, experiences, and motivations of the offenders, b) how these offenders gain access to the potential child victims, c) the mechanics of operations of the offenders, including the mechanisms by which they engage with the victims, the network providers, and the money transfer agencies, d) the offenders’ access to online childhood sexual exploitation materials in the Philippines through IP tracking and newspaper reports, and e) how the enablers and offenders of online sexual exploitation in the Philippines engage ISPs, network providers, app developers and other stakeholders.

KW: Clinical Psychology, Drug Recovery & Addiction Science
ROLE OF TECHNOLOGY AND THE PRIVATE SECTOR IN OSAEC
Joanne Rachelle Valle & Ethel Chua Joy Ong
De La Salle University-Manila

Innovative technologies such as social media platforms and digital communication have allowed us to communicate with others, regardless of geographic distance, through the Internet. This benefit, however, has brought with it a new set of threats to our personal safety, because malicious users have utilized this same service to find their victims. Termed “cybercrime”, ease of access to online facilities, and affordable computers and mobile devices have enabled a number of abuse and exploitation instances to affect children. In this study, we identified the role of the private sector, comprised of the financial sector, Internet service providers, and application developers, in facilitating and mitigating online sexual abuse and the exploitation of children through their platforms. Furthermore, we review the impact of technology-related laws, specifically RA No. 10929 that allows access to free Wi-Fi in public places, and RA No. 10175 or the Cybercrime Prevention Act, in the occurrence and prevention of OSAEC.
KW: Clinical Psychology, Social Psychology

CASE RESOLUTION AND MANAGEMENT PROCESSES AND CHALLENGES
Ma. Cristina H. Enriquez
PsychConsult, Inc.
Ma. Divina Gracia Z. Roldan
De La Salle University-Manila

This paper seeks to shed light on the case resolution and management processes entailed in addressing the OSAEC phenomenon. It seeks to first identify the system for reporting cases from different stakeholders, and then proceeds to describing the activities entailed from trial to prosecution of cases. The main question this paper poses is “How effective is our system of managing and resolving cases concerning OSAEC?” By examining the gaps and weaknesses in the legal framework for the protection of children against online sexual abuse and exploitation, as well as the challenges faced by service providers in providing relief to victims of OSAEC, recommendations can be made on how to improve the current manner of handling OSAEC cases from a policy and legal systems level.
KW: Clinical Psychology, Social Psychology

PARALLEL ORAL PRESENTATIONS
G1 to G7
September 20, 2019
8:30 AM – 10:00 AM

EVIDENCES AND ETHICAL ARGUMENTS FOR COERCION AND COMPULSORY TREATMENT FOR ADDICTIONS: A SCOPING REVIEW
Sixtus Dane A. Ramos
De La Salle University-Manila
Addiction is a debilitating mental condition that affects both the individual and the community. Coercion and compulsory treatment for addictions were offered as a solution to this global health problem. However, this approach is faced with several ethical problems. The current study applied a scoping review to appraise the literature from the past 15 years to analyze evidences and ethical arguments for coercion and compulsory treatment. The review was able to chart nine themes: (1) autonomy deficits require restoration through coercive methods; (2) reconciliation of addiction’s complexity and patient autonomy; (3) patients with addiction maintains autonomy despite the condition’s complexity; (4) lack of consensus on effectiveness of coercive and compulsory treatment for addictions; (5) evidence of efficacy of coercive and compulsory treatments for addictions; (6) detrimental outcomes of coercive treatments for addiction and its ethical repercussions; (7) evidence for lack of negative effects of coercive methods; (8) compulsory treatment and the greater good of the public; and (9) benefit of the unborn child. Currently, no critical consensus has been reached on the effectiveness of coercive and compulsory treatments for addiction. Evidences and ethical arguments for its utility remain polarized. Limitations, recommendations and implications of these findings were also discussed.

KW: Drug Recovery & Addiction Science

ETHICAL ISSUES IN THE ENGAGEMENT OF PSYCHOLOGISTS IN SOCIAL MEDIA: A SCOPING REVIEW
Ferdinand Jayper S. Tan
De La Salle University-Manila

The use of social media by psychologists can present ethical challenges and disadvantages that could compromise their effectiveness and professionalism. The purpose of this scoping review was to map the literature on the ethics of social media use among practicing psychologists. The searches were based on the studies that were published from 2004 to 2018. The relevant articles were primarily searched from Google Scholar. Full-articles that met the criteria were individually analyzed. Thematic coding was used in order to determine themes and subthemes from the data. The scoping review was based on 38 studies. Five themes emerged on the ethical issues that psychologists usually encounter when using social media. These themes include ethical issues on boundary, multiple relationships, confidentiality, professional conduct, and avoiding harm. For the recommended ethical use of social media, the themes that were found included reviewing professional guidelines and policies, engaging in self-monitoring, using privacy settings, discussion with clients, separating personal and professional social media accounts, and consultation. The results of this scoping review can assist psychologists in having a more comprehensive understanding of the ethical implications of their social media practices. The recommendations for the ethical use of social media can also be used as a resource for practicing psychologists.
for a more responsible engagement with social media.
KW: Clinical Psychology

ETHICAL ISSUES AND CULTURAL CONSIDERATIONS IN THE USE OF TOUCH IN PSYCHOTHERAPY: A SCOPING REVIEW
Mary Ann Madrid-Adnol
St. Louis University

This Scoping review focuses on the ethical issues and cultural considerations in the use of physical or non-erotic touch in psychotherapy. The review identified 510 articles in a search of five databases. Sixty eight full articles were assessed and 33 studies met the inclusion criteria. Numerical and descriptive summary analysis and qualitative thematic analysis were done to examine the data extracted from the articles. Ethical issues concern physical touch as encouraging malfeasance or misconduct, harm to clients as possibly outweighing positive role of touch, touch with sexual connotation and aggressive touch, sense of vulnerability of special types of clients to touch which may lead to harm, possibility of erotic/sexual transference and touch as a boundary issue. Cultural considerations encountered are those involving the culture of the therapist and the client, specifically on their cultural group characteristics, age, gender, client’s diagnosis or psychological disorder, client’s history of abuse and litigious culture.
KW: Clinical Psychology

MANAGING DUAL RELATIONSHIPS IN RURAL PRACTICE: A SCOPING REVIEW
Jennifer Gay Carpio
De La Salle University-Manila

Two scoping reviews were conducted on separate occasions to map out key concepts regarding ethical considerations in the practice of spiritual/religious (S/R) counseling and psychotherapy. One of these reviews ended with the synthesis of n=130 articles from 1958 to 2017 and derived the following issues: 1) question of competence; 2) bias; 3) religious/spiritual abuse of therapeutic techniques; and, 4) therapeutic promises with religious claims. The second scoping review resulted to the charting of twenty-four (n = 24) full text articles from 2007 to 2017. Four overarching themes were identified, namely: a) clients’ right for autonomy and self-determination; b) cultural sensitivity; c) practitioner competency issues; and, d) recommended guidelines for ethical practice. Reflections on the contrast of the results of both scoping reviews shall be part of the discourse. In addition, a probable model for ethical decision-making in S/R Counseling and Psychotherapy based on the second scoping review will be presented.
KW: Clinical Psychology
SELF-CONSCIOUSNESS AND THE EXPERIENCE OF THE IMPOSTOR PHENOMENON AMONG FILIPINO YOUNG ADULTS
Myra G. Gahid
Saint Louis University

Previous researches documented the Impostor Phenomenon among adults and Asians. This study responds to the limited exploration of Impostor Phenomenon among young adults and Filipinos, which aims to (1) identify the dominant dimension of self-consciousness among Filipino young adults; (2) determine the most experienced Impostor Phenomenon factor; (3) investigate the contribution of self-consciousness dimensions to Impostor Phenomenon. Filipino young adults (N=452) from Benguet, Ilocos Region, and National Capital Region completed the Self-Consciousness Scale and the Clance Impostor Phenomenon Scale. Filipino young adults scored high on all dimensions of self-consciousness where public self-consciousness was rated the highest. In terms of Impostor Phenomenon experience, Fake was identified as the most prevalent factor. Personal and societal perceptions and generation differences are seen as potential explanations of the findings. All dimensions of self-consciousness significantly contribute to the Impostor Phenomenon experience of Filipino young adults. Cultural concepts that mainly contribute to the results are discussed. Relevant suggestions about positively strengthening the self-consciousness of Filipino young adults and how to deal with Impostor Phenomenon experiences are provided.

THE FEAR OF MISSING OUT (FOMO) OF FILIPINO ADULT MILLENNIALS
Jazreel B. Leo
Saint Louis University

This study explored the nature of fear of missing out (FoMO) and the coping strategies employed by Filipino adult millennials. Although initial studies regarding FoMO were conducted in countries such as the USA and UK, there is still a limited body of knowledge regarding this phenomenon. To address this deficit, 10 participants were interviewed, and their responses were subjected to phenomenological data analysis. Results revealed that the nature of FoMO can be understood through its causes and manifestations, the contributors to the feeling of FoMO, and the object of FoMO. Specifically, FoMO can be attributed to having a busy schedule, comparing the self to others, seeing the posts of other people online, or being left alone or left out. Furthermore, what contributes to these causes are people, activities which one cannot be part of, and the ease of access...
through social media. FoMO then manifests through feelings of envy, anxiety, sadness, and isolation; thoughts of discouragement, comparison, and questioning oneself; and changed behavior. Nonetheless, coping strategies are being employed to manage these cognitions, emotions, and behaviors. Further research may be undertaken to learn more about this particular experience.

**KW:** FoMO, fear of missing out, Filipino millennials, social media, Social Psychology

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**THE "CAN'T SAY NO SYNDROME" AMONG FILIPINO ADULTS**

*Roselle D. Garcia*

*Saint Louis University*

An individual who displays the Can’t Say No Syndrome (CSNS) has a sense of self-worth that appears to depend on the support of others. They have difficulty in being assertive and are habitually saying “yes”. Similar to the concept of the CSNS are Filipino cultural notions namely, “kapwa”, “hiya”, “utang na loob”, and “pakikisama”. The current study has investigated the factors, advantages and disadvantages of the CSNS. Interviews were conducted to nine (n=9) male and female adults between the age of 23 – 56 years old residing in Benguet, Pangasinan and Metro Manila. Pagtatanung-tanong (asking questions) was used to determine their experiences and the responses were analyzed through thematic analysis. The study shows that the CSNS among Filipino adults is evident in almost all the aspects of interpersonal and intrapersonal relationships. The result reveals themes namely: Moral Obligation, Guilt, Avoidance of Negative Outcomes and having No Choice that affect CSNS. Can’t Say No Syndrome is advantageous as individuals were motivated to Self-Actualize. However, this may lead to such disadvantages as Contradicting Ones’ Own Values and Beliefs, and People Pleasing and Approval Seeking to adhere to expectations and aspirations of others.

**KW:** Can’t Say No Syndrome, People Pleasing, “no”, Filipino adults, Social Psychology

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**MARIA CLARA SYNDROME: EXISTING RAPE MYTHS AND SEXISM AMONG FILIPINO COLLEGE STUDENTS**

*Angelica Marie G. Peralta*

*University of the Cordilleras*

Theorists Glick and Fiske recognized hostile sexism as an antagonism toward women who challenge male power while benevolent sexism is an understated prejudice towards women where they are stereotyped as a “Maria Clara” - affectionate, delicate, and sensitive. Rape myths are a specific set of attitudes and beliefs that shift blame for sexual assault from perpetrators to victims. Through assessing the levels, differences and the relationship of ambivalent sexism and rape myth acceptance: The researcher coined the existence of the Maria Clara Syndrome: a mental representation of characteristics that form emotions, opinions and behaviors towards the women. Ambivalent sexism and rape myth acceptance was observed as factors that mildly cause one another. College Filipino males are expected to be chivalrous and college Filipino females expect chivalry. Filipino college students expect women to be submissive and conform to idealized norms set by society.
Furthermore, similarity in affiliation and complementary forms of control had led college Filipino students to a unitary view of ambivalent sexism. Most college Filipino students consider rape as an unacceptable form of hostility towards women in most situations leading them to hold an intolerant attitude towards rape.  

KW: Maria Clara Syndrome, Rape Myths, Sexism, Filipino college students, Social Psychology

### DEVELOPMENT OF A VOLUNTEER CARE AND SUSTAINABILITY PROGRAM FOR THE VOLUNTEER HIV COUNSELORS OF THE LOVE YOURSELF, INC. (TLY)

**Donna P. Sombrea**  
Ateneo de Davao University

In 2018, the Philippines had the fastest growing number of new cases of HIV-AIDS in the Asia Pacific Region, with an estimated average of 32 newly diagnosed cases per day. Founded in 2011, The Love Yourself Inc. (TLY) is a community-based organization that provides HIV-related services to clients that have higher risk for HIV. TLY’s vision and mission focuses on promoting self-worth through loving oneself by becoming conscious of their HIV status, and supporting the welfare of other PLHIVs. The organization primarily depends on the work contributed by its more than 1,100 volunteers, many of whom directly provide HIV counseling services. The volunteer HIV counselor of TLY are in the front lines of providing counseling and testing services to clients. Because of the challenging nature of their tasks, they experience moments of de-motivation and are subject...
to physical and emotional fatigue as well.
Since the counselors undergo various trainings before deployment in the TLY clinics, they represent a significant investment in human resource for HIV services. The study aims to describe the experiences of the counselors in their volunteer work, including the challenges they encountered. Two major themes emerged from the study: COMMITMENT (need to take part, willingness to give, and right time to provide) and MOTIVATION (rewards, compassion fatigue, and safe space). These themes may have a direct relationship to the maintenance of the counselor’s reasons to continue their volunteering tasks with the organization.

Based on the study’s results, a six module-program was designed to help address the needs of the volunteer HIV counselors. The modules of the program are based on the study’s derived data on the counselor’s commitment and motivation, which could help sustain them in the volunteer program of TLY. Moreso, the program includes psychological support, and exercises to enhance the knowledge, attitudes and practices of the volunteer HIV counselors. When implemented properly, this program is envisioned to contribute towards improving and sustaining the services that they provide to their Filipino clients who are at risk for HIV-AIDS.


RISK PROFILES OF FILIPINO CHILDREN IN TRANSNATIONAL FAMILIES

Madelene Sta. Maria, PhD, Vio Mojica, Rechel Arcilla & Paul Arcega
De La Salle University-Manila

Using the Latent Class Analysis to determine risk of profiles of 578 children belonging to transnational family structures, four risk models/profiles emerged with good model fit. These profiles include: 1) high levels of alcohol and cigarette use, 2) no risk behaviors, 3) mental health problems such as depression and suicidal ideation, and 4) high numbers of sexual partners. Analyses show that the first profile was associated with very low attachment with mother and very low communication with father. Low reported incidences of risk behavior (Profile 2) occurs with high communication with father. Mental health problems (Profile 3) were associated with very low attachment and low communication with father and with mother. High sexual risk taking (Profile 4) was associated with moderate attachment with mother and father, and very low communication with father, but high communication with mother. Aside from parental relationships, profiles also indicate associations with peer relationships, school connectedness and teacher support. Consistent with previous studies, peer relations are associated with high risk behaviors, and school factors are likely to serve as protection against risk. It is noteworthy that there are more of OFW children (443) in our sample belonging to the the second Profile, i.e., low incidences of risk behavior. This finding is consistent with our previous works indicating that children
left behind are generally not at risk due to the labor migration of their parents.  

KW: Counseling Psychology, Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

AFTERMATH OF MARAWI SEIGE AMONG CHILD SURVIVORS: A PSYCHOSOCIAL PROCESSING PERSPECTIVES FOR BEGINNERS
Amor Mia Arandia  
Jose Rizal University  
Dan Paolo Yema  
University of the Philippines-Los Baños

Children survivors of armed conflict are considered to be a vulnerable population. They have experienced displacement, lack of resources, discontinuation of education and adjustment to poor facilities in order to survive armed conflict in Marawi Seige. One year after the siege, the children are still living in tents and experiences difficult circumstances with their families. The goal of the psychosocial processing is to help these children understand the plight of their condition and find a constructive way of expressing their difficulties and concerns. The psychosocial processing were conducted by trained practitioners together with newly trained individuals. In this qualitative study using interpretative phenomenological analysis, we explored the views of the newly trained individuals using interviews. This involves identifying enhancement strategies on the program, ways to help the children and developing methods to enhance psychosocial processing activities. Implications of the study are also mentioned in here.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

THE DEVELOPMENT AND VALIDATION OF SUICIDALITY AND LIFE SATISFACTION ASSESSMENT (SALSA)
Angelina M. Julom, PhD  
University of Santo Tomas

Suicidality has been considered as a global and public Mental health problem. This problem lumps together suicide ideation, self injurious behavior, and suicide attempts. Research showed that in the Philippines at least seven Filipinos try to commit suicide every day. Life satisfaction is a general predictor of suicide ideation. The alarming reported cases of suicide here in the Philippines, and throughout the world, served as a challenge and motivation for the development and validation of SALSA. The research design followed the sequential, hierarchical strategy for developing a psychological test. A total of 1,890 respondents, with age ranged from 14-65, consented to participate during the establishment of the psychometric properties. The content validation, face validation, and item analysis results have retained 108 out of 120 pool of items with acceptable item loadings which ranged from .400 - .727. The Confirmatory Factor analysis of the seven factors ranged from
This study was conducted to develop items measuring emotional intelligence among high school students, establish its reliability, validity and create norms for the test. This study used a mixed qualitative and quantitative method. A total of 124 items were generated, constructed and subjected to expert review and item analysis. The final output is the 75-item Israel-Tayaban High School Emotional Quotient Test (IT-HSEQ) consisting of five dimensions of emotional intelligence; namely, Intrapersonal Skill, Interpersonal Skill, Stress Management, Adaptability Skill and General Mood. A standardization sample of 331 students from a private school yielded a Cronbach alpha ranging from .76 to .85 which is considered high. Construct validity using factor analysis confirmed the five factor structure of EQ. Concurrent validity with students’ second grading weighted average (GWA) yielded a significant but small positive correlation. Convergent and discriminant validity with teacher ratings also yielded a small but significant correlation. Further validation studies and a bigger norm sample with equal number from each year level from private and public high schools is highly recommended. Further analysis of the internal structure of the scale is needed to ensure independence of the dimensions.

**Keywords:** Emotional Intelligence, Emotional Intelligence Test, Test Development, High School, Validity, Reliability, Factor Analysis, Grade Weighted Average, Teacher Ratings, Assessment Psychology

**DISCOURSE ANALYSIS OF THE TALK ABOUT ANXIETY IN A STUDENT-DRIVEN WEB PAGE**

Jill Tan, Celina Cabigao, Jonathan Robert Ilagan & Donald Jay Bertulfo
Ateneo de Manila University

Anxiety stands as one of the most pressing mental health concerns in the Philippines. Extant research in this area remain focused on the clinical-medical perspective. In this study, we posit that representations of anxiety abound in different spaces of talk and that these representations are mobilized through language. Using Willig (2008)’s version of Foucauldian discourse analysis, discourses surrounding talk about anxiety in a student-driven web page were analyzed. Four major themes emerged in the analysis: (a) anxiety as a mental health disorder, (b) anxiety as immaturity, (c) anxiety as discordant with real-world expectations and lifestyle and (d) anxiety as manageable given real-world expectations and lifestyle. Results demonstrate that discursive layering can occur at different analytical layers. In particular, discursive tension exists in individual and social practices concerning the assignment of blame and the articulation of attribution within anxiety discourses. Policy
implications on social and institutional aid to individuals with anxiety are discussed.
KW: Clinical Psychology, Social Psychology

DEVELOPING AND ASSESSING A STRESS MANAGEMENT PROGRAM FOR STUDENT ACHIEVERS FROM LOW SES COMMUNITIES: PROCESS AND INSIGHTS
Gilda Dans-Lopez, PhD
Ateneo Bulatao Center for Psychological Services
Angelique Pearl Virtue P. Villasanta
Ateneo de Manila University

The need for interventions to support high-achieving students is seldom talked about. Typically, teachers and parents identify low-performing students as those who need support. Thus, high-achieving students are typically left to find their own ways of supporting. While high-achieving students may have needs that are common among teens, we argue that they carry struggles and may have stresses that their other peers may not have. Particularly for those coming from low SES communities, high-achievers feel the added burden of getting scholarships to ease the financial burden from their families. With this compounding intersection of stresses (e.g., increased parental expectations, financial stress, school stress), we identify a need to craft a stress management program specifically for high-achieving youths from disadvantaged communities. In this presentation, we discuss our process of developing the stress management program. We will present data gathered from the following sources: (a) needs analysis, (b) session observations, (c) pretest and posttest results, and (d) qualitative feedback from participants. In crafting the program, we draw from concepts of mindfulness, cognitive therapy, and self-compassion. This presentation may be beneficial to those who wish to develop interventions, those working with adolescents, or those interested in the topics of stress and anxiety.
KW: Clinical Psychology, Counseling Psychology

Learning Session 8: G5
STRENGTH SPOTTING: AN INGREDIENT TOWARDS FLOURISHING
Ron R. Resurreccion, PhD
De La Salle University-Manila
Gabriel Sebastian N. Lizada
Ateneo de Davao University

In 2004, Martin Seligman and Chris Peterson published the book "Character Strengths and Virtues: A Handbook of Classification" which was labelled as the 'backbone of Positive Psychology'. The Center of Applied Positive Psychology, founded by Alex Linley, defines a strength as a characteristic that an individual is not only good at, but, it also gives the individual energy while performing or experiencing it. In this learning session, we will discuss different strengths assessment offered by various institutions (VIA, StrengthsFinder (Gallup Strengths) & Strengths Profiler (R2)) and briefly look at their classification of virtues and strengths. This learning session will also present studies on how strengths have been applied in various settings. Lastly, the session will also discuss the importance of using a strengths-based approach in the workplace, parenting and
one's own daily life. The goal of this learning session is to invite participants to think of ways to apply and use a strengths-based approach in their daily lives - may it be at work, in school, at home or in their personal lives.
KW: Industrial-Organizational Psychology

Learning Session 9: G6
PSYCHOLOGY LEADERSHIP AND MANAGEMENT: BEST PRACTICES IN RUNNING AN INCLUSIVE PSYCHOLOGY PROGRAM
Ver Reyes, PhD
Pamantasan ng Lungsod ng Marikina
Moniq Muyargas
University of the Philippines-Visayas
Lota Teh, PhD
Ateneo de Manila University
John Mark Distor, PhD
Polytechnic University of the Philippines
Erickson Amion
Pamantasan ng Lungsod ng Muntinlupa

Based on the Teaching Psychology Special Interest Group’s meeting held last September 2018 in Manila, several members raised the concern that many of them are catapulted to leadership positions without prior knowledge or skills on how to effectively run a psychology program. This learning session aims to: 1. Share knowledge in terms of the basic faculty requirements or general provisions on program administration based on CHED memorandum Orders; 2. Share management skills and strategies for running a psychology program; and, 3. Develop linkages among the participants on best practices they have observed in their own institutions. Session Content: This learning session will begin with the CHED-prescribed compliance for undergraduate programs in Psychology. It will then go through the experiences and challenges of various psychology program heads/chairperson (private, public, state university, local college based in Manila and in the regions) then illustrate how they were able to develop, manage and overcome those challenges. The participants will then learn techniques and strategies for the smooth facilitation of students, faculty, teams and the administration. Participants are also expected to share their own ideas and experiences.
KW: Teaching Psychology

Symposium 20: G7
SURVIVING THE PRESENT, IMAGINING THE FUTURE: NARRATIVES OF CHILDREN LEFT BEHIND BY THE ‘WAR ON DRUGS’
Mara Patricia Yusingco
Convener

MEMORY WORK METHODOLOGY, CRITICAL ARTS-BASED INQUIRY, & THE ETHICS OF RESEARCH WITH CHILDREN IN VULNERABLE COMMUNITIES
Michaela Grace L. Aquino, Mara Patricia Yusingco, Nico A. Canoy, PhD & Mira Alexis P. Ofreneo, PhD
Ateneo de Manila University
Merlie B. Mendoza
Abot Kamay Alang-alang sa Pagbabago (AKAP), the Diocese of Novaliches
This paper recounts the process of developing a research design that combined memory work as a framework and methodology and critical arts inquiry as action or intervention. Following the principles of feminist action research and memory work, the data collection process was designed to create a safe space for orphaned children and adolescents to come together, bond with each other, and create a sense of solidarity or community as youth with a collective experience of being orphaned by tokhang. This process of group-bonding and community-building was facilitated through games and expressive arts following the tenets of critical arts inquiry. This paper details the ethical issues of conducting research with children in vulnerable communities. Ethical concerns identified include: (a) the possibility of exposing the research participants to safety and security risks considering the political sensitivity of the research topic; (b) the possibility of re-traumatization of participants during phase 1 of memory work (generating memories); and, (c) the observation that when research is done in the community, it often becomes an “extractive” process rather than a mutually beneficial knowledge-generating practice, in which both the researchers and the participants benefit from the research project. To address these concerns, the research team drafted an ethics protocol informed by the guidelines set forth by the Philippine Social Science Council Ethics Review Board. The protocol subscribes to principles of integrity, confidentiality, privacy and anonymity, informed consent, beneficence (do good, do no harm principle), social justice, cultural and gender sensitivity, and protection of vulnerable populations.

KW: Counseling Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

CHILDREN’S NARRATIVES OF LOSS & INJUSTICE IN THE PAST, SADNESS & INSECURITY IN THE PRESENT, AND HEALING & RECLAIMING THE FUTURE
Merlie B. Mendoza
Abot Kamay Alang-alang sa Pagbabago (AKAP), the Diocese of Novaliches
Pacita Fortin & Luz Maria Martinez
Miriam College
Michaela Grace L. Aquino, Mara Patricia Yusingco, Nico A. Canoy, PhD & Mira Alexis P. Ofreneo, PhD
Ateneo de Manila University

The life narratives of the children and adolescents who were part of our memory work exercise began with memories of tokhang. From this recent past, the children and adolescents narrated their stories of where they are at present and where they hope to be in the future. It is in the reality and metaphor of the home that we anchor their stories of the past, present, and future – a home destroyed in darkness in tokhang, a home buried in hardship and sorrow in the present, and the hope for a new home that will rise above the pain and injustice in the future. The children and adolescents recounted their traumatic experience of witnessing or hearing of their parents and family members’ violent death. Their memories were filled with the excruciating pain of loss and the raging anger at the
injustice and helplessness. From these memories, the orphaned children and adolescents shared the continuing emotional heaviness of the present. And while they continue with school and the everyday, they now strongly yearn for justice for their parents and family members lost to tokhang. They live in continued fear and insecurity alongside the economic hardship of losing a breadwinner parent. The children and adolescents then shared their hope of rising above the pain and injustice in the future. Shaped by their experience of tokhang, their dreams for themselves and their families are now embedded in their wish for the nation – a country where there is peace, justice, and no killing.

KW: Clinical Psychology, Counseling Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology

IMPLICATIONS TO HUMAN RIGHTS WORK AS ADVOCATES AND ACADEMICS: REFRAMING HUMAN SECURITY TOWARDS AGENCY AND WELL-BEING

Pacita Fortin & Luz Maria Martinez
Miriam College
Michaela Grace L. Aquino, Mara Patricia Yusingco, Nico A. Canoy, PhD & Mira Alexis P. Ofreneo, PhD
Ateneo De Manila University
Merlie B. Mendoza
Abot Kamay Alang-alang sa Pagbabago (AKAP), the Diocese of Novaliches

The narratives of children and adolescents orphaned by the ‘war on drugs’ highlight the disregard for international human rights agreements that are put in place to uphold human security. Instead, what can be heard from the narratives echoes of high insecurity that places these youth and their communities in a constant state of fear. The government, which has been entrusted the role of duty-bearers to protect the population against serious threats, are at the frontline and assume the role of the perpetrators. The stigma of being children of the alleged drug pushers/users allows for indignity and humiliation in the everyday where they are bullied and stigmatized. These insecurities are greatly compounded by the level of poverty they live in after losing one or both of their parents to tokhang. These orphaned youth of the war on drugs are living in a state of human insecurity. The underlying framework for sustainable interventions in complex situations or conditions must be that of human security, which espouses the protection of the vital core of all human lives in a way that enhances fundamental human freedoms and human fulfillment – freedom from fear, freedom from want, and freedom from humiliation or indignity. This research anchors its recommendations within the human security framework as applied to the narratives of the orphaned children and adolescents – freedom to heal and be whole again (integration), freedom to give and receive kindness (interconnectedness), and freedom to hope and dream (imagination).

KW: Clinical Psychology, Counseling Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Social Psychology
NEGATIVE BEHAVIORS, EMOTIONAL STRESS AND DEPRESSIVE SYMPTOMS OF CHILDREN WITH SUBSTANCE DEPENDENT PARENTS: TOWARDS AN INTERVENTION PROGRAM
Ronald C. Yrog-irog
Cebu Institute of Technology University

ABSTRACT The study explored the negative behaviors, emotional stress and depressive symptoms of children with substance dependent parents. Fifty children of substance dependent parents whose ages ranged from 11 to 18 years old were the study participants who took the Depression Anxiety Stress Scale-42 and the ten highest scorers were interviewed. Majority of the children came from a low-income, nuclear family where the parents had been into drug use for at least five years. Exploration of the children's experiences revealed that their schooling had been compromised due to continuing drug use of parent/s which in turn was influential on their own drug using activities. The stigma and the problem of being ostracized by society and the disengagement of relationship to friends and other significant people prevailed as caused by the drug using activities of parent/s. Moreover, parental substance dependency impacted the family's dynamics, leading to some of the participants having suicidal thoughts and denying reality. Interviews of significant others (e.g., neighbors, grandparents, friends, and others) indicated the presence of negative modeling and lack of parental supervision, growing up in an aversive environment and among deleterious people, a display of oppositional behaviors, the likelihood of developing internet addiction, increased health problems, and the perception that children wanted to have change in their lives as they tried to develop courage in the midst of all the adversities they faced. Based on the findings of the study, an intervention program intended for the children and the parents was designed.
KW: Clinical Psychology, Drug Recovery & Addiction Science

PARALLEL ORAL PRESENTATIONS
H1 to H7
September 20, 2019
10:10 AM – 11:40 AM

Symposium 21: H1
SURVIVING YOUR FAMILY: ISSUES AND CHALLENGES IN CONDUCTING FAMILY THERAPY IN THE PHILIPPINE SETTING
Niño Jose-Mateo, PhD
Convener

APPLICATION OF THE CODEPENDENCY MODEL FOR A FAMILY IN DISTRESS
Sixtus Dane Ramos
Gray Matters Psychological Center

The practice of family therapy is entrenched with several challenges given its complexity and methodology. This paper documents the issues and problems encountered in the application of family therapy and how clinicians addressed these challenges using the perspective of the codependency model. Clinical vignettes exemplify how specific roles within the family perpetuate the underlying problems, and translate into
challenges experienced by the clinicians in the process of family therapy. Based on these vignettes, reflections and recommendations for practicing psychologists engaging in family therapy are discussed.
Kw: Clinical Psychology, Counseling Psychology

ETHICAL PRACTICE IN THE USE OF FAMILY THERAPY IN THE PHILIPPINE SETTING
Jonathan Robert A. Ilagan
Gray Matters Psychological Center

Ethics is a vital part of any helping profession. However, ethical issues are greatly accentuated on interventions involving family therapy. This paper will present how psychologists from a particular psychological center dealt with the ethical issues surrounding the practice of family therapy. Some of the issues that emerged relates to informed consent, dual relationships, and power. This paper will provide an in depth analysis on how these barriers were overcome. Ethical implications in the practice of family therapy in the local setting were also discussed.
KW: Clinical Psychology, Counseling Psychology

STRUCTURING THE CONDUCT OF FAMILY THERAPY: ARE ALL THERAPIES INVOLVING THE FAMILY CONSIDERED AS FAMILY THERAPY?
Joanne Rachelle Valle
Gray Matters Psychological Center

Every family is unique. This is also true for family therapy. This paper would explore the different factors that lead practitioners of family therapy to decide on the best possible structure and process in the conduct of such an intervention. A specific case will serve as a template to discuss how one conducts sessions involving individuals, couples and eventually the whole family. Through the analysis of clinical notes and focus group discussions among the therapists involved, issues and how they were resolved (or how they remained unresolved) were discussed.
KW: Clinical Psychology, Counseling Psychology

BEST PRACTICES IN THE USE OF FAMILY THERAPY AND HOW THEY COULD LEAD TO BETTER PRACTICE
John Jamir Benzon Aruta & Nino Jose Mateo, PhD
De La Salle University-Manila

Family therapy presents with it unique challenges not found in other therapeutic interventions. These are further complicated by the nuances of practicing it in the Philippine context. This paper will present best practices in family therapy literature while contextualizing it in local practice. These practices will be discussed on an actual case handled by several therapists practicing on a particular
ABSTRACTS FOR 56TH PAP ANNUAL CONVENTION
SEPTEMBER 18-20, 2019

psychological clinic. From the case notes and discussion notes of the therapists involved, this paper seeks to provide recommendations on how to improve the practice of family therapy for Filipino practitioners.
KW: Clinical Psychology, Counseling Psychology

DEVELOPING RELATIONSHIPS THROUGH PAKIKIPAGKAPWA AND PAKIKIPAGPALAGAYANG-LOOB
Ivana Mabunay, Aylin Bello & Terry Tan
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This is a dual case study of Filipino participants exhibiting inattention symptoms, rule-breaking behaviors and social problems. Data were gathered before, during, and after social skills intervention. Case notes, behavioral observations, portfolio, participant report, as well as parent and teacher reports were subjected to thematic analysis. Reyes (2013) defines both "pakikipagkapwa" and "pakikipagalagayang-loob" as relational concepts in which "pakikipagkapwa" presumes the idea that the person we are interacting with is an equal, regardless of status or social class, while "pakikipagpalagayang-loob" assumes a sense of being at peace with each other bounded by mutual trust. Findings of the study revealed that development of responsibility and cooperation as well as positive change in identity emerged from a therapeutic atmosphere of "pakikipagkapwa" and "pakikipagalagayang-loob". Implications on the impact of Filipino culture on a relationship-based social skills intervention will be discussed.
KW: Clinical Psychology, Counseling Psychology, Developmental Psychology, Teaching Psychology

SYMPOSIUM 22: H2
EMOTIONAL AND BEHAVIORAL SELF-REGULATION IN CHILDREN, ADOLESCENTS, AND YOUNG ADULTS
Rizason Go Tian Ng
Convener

IMPROVING EMOTION REGULATION SKILLS AND INTEROCEPTIVE AWARENESS THROUGH MINDFULNESS TECHNIQUES
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Emotion regulation is essential for mental and physical health, and can be viewed as a set of four core abilities: to be aware of and to understand emotion, to accept emotion, to control impulsive behavior, and to use appropriate strategies to modulate emotional responses (Gratz & Roemer, 2004). Interoceptive awareness is the awareness of inner body sensations, and has been shown to facilitate emotion regulation (Price & Hooven, 2018). A brief psychosocial intervention was conducted for over 20 Lumad children, aged 13 to 18
years old, taking refuge in Quezon City. Emotional awareness exercises with components of mindfulness helped identify and address emotional needs. Group processing enabled written and verbal expression of coping skills, and allowed participants to recognize and develop healthy coping strategies.

**KW:** Counseling Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Teaching Psychology

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**THE ROLE OF SELF-REGULATION BETWEEN YOUTH’S SOCIAL COMPETENCE AND METACOGNITIVE STRATEGIES**

*Ma. Dinah Espartero-Asiatico*

*De La Salle University-Manila*

The interplay of one’s thoughts, emotions, and actions among individuals impacts the self in relation to how it is supposed to think, act, and feel towards another person. It is in the community social life that illuminates one’s ability to be competent, regulate themselves, and utilize strategies. This may underscore both the need to nurture and equip oneself in relation to self, and others. This paper investigates college youth’s metacognitive strategies in relation to their social competence in the community social life domain. More specifically, it will examine the role of self-regulation as it encompasses youth’s ability to do emotional regulation and self-control (actions) in their ability to be socially competent and to use adaptive metacognitive strategies. 335 college youth were the chosen samples for this study which were extracted from the Youth and Poverty Data Set compiled by De La Salle University Department of Psychology (2012). The Multicontext Assessment Battery of Youth Development (MAB-YD) was used to capture youth’s experiences in their communities in relation to their social competence, self, regulation and metacognitive strategies (De La Salle University Department of Psychology, 2015). A simple mediation analysis was conducted using SPSS Process Hayes to test if self-regulation mediates the relationship between social competence and metacognitive strategies. The results supported that self-regulation mediates the effects of social competence and metacognitive strategies among college youth in the community social context.

**Keywords:** self-regulation, social competence, metacognitive strategies

**KW:** Clinical Psychology, Developmental Psychology, Social Psychology, Teaching Psychology

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**THE SPIRITUAL DEVELOPMENT AND WELL-BEING OF SEMINARIANS: A BASIS FOR SPIRITUAL FORMATION PROGRAM**

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*De La Salle University-Manila*

A mixed method design was used in a cross-sectional study that investigated the relationship between the spiritual development and well-being of seminarians. This study is anchored on the Faith Development Theory of Fowler that delineated the tripartite perspective of spiritual development pertaining to the relationship with oneself, relationship with others, and relationship with God. A total of 434 seminarians across three stages of seminary formation participated in this study. The results revealed that the three
aspects of spiritual development predict the well-being of seminarians across the three stages of seminary formation. There is also a positive significant difference in the three aspects of spiritual development among the seminarians across the three stages of seminary formation. The seminarians in the Configuration stage scored the highest among the seminarians in the Discipleship and Propaedeutic stages with respect to their relationship with oneself, with others and with God. However, there was no significant difference in terms of their well-being of the seminarians across the three stages of seminary formation. The results of the study from both the quantitative and qualitative analysis gave clarity to the reality of seminary formation of future diocesan priests in the Philippines.

KW: Developmental Psychology

"PAMILYA KO, ALAGA KO" THE PHENOMENON OF PARENTIFICATION AMONG FILIPINO ADOLESCENTS
Camille Allyza S. Venus, Irish Hideko C. Gacad, Nicole F. Acosta & Jerry J. Jurisprudencia, PhD
Miriam College

This is an exploratory phenomenological study that describes the parentification experiences of 10 Filipino adolescents ages 16 to 18 years old in Metro Manila. Content analysis was used to capture the phenomenon of parentification as experienced by the 10 participants. It describes the situation and the factors that influenced these participants to take responsibility for their parents and siblings. The most common among the adolescent participants are their experiences of positive and negative feelings and their ability to take the cudgels of parenting without being prodded. Likewise, the themes of their family involvement include acting as mediators, taking sides and individual help extended to parents and siblings.

KW: Clinical Psychology

ADOLESCENTS' VALUE FORMATION IN THE SUPERHERO FANDOM
Joseph Russell R. Santos
De La Salle University-Manila

The Superhero Fandom is a fan group that continues to grow across the globe because of the notable characters and stories found in comic books, television series, and films. To determine what fans specifically attain from this community, the present study aimed to explore the value formation of adolescents in the superhero fandom. Fifteen adolescents from the Philippines were individually interviewed to gather the data needed. In addition, two local online superhero fan communities were observed for a week. Thematic analysis of the interviews show that adolescent fans adopt values such as helpfulness, doing what is right, concern for the well-being of others, optimism, and perseverance. Furthermore, the findings also reveal that adolescent fans
get these values from viewing superhero-related fan material, witnessing a character’s ability and experiences, participating in fan discussions and social media, and playing superhero video games. Relatedly, these values and the fandom itself are helpful in their personal lives in that they have something to relate to, a source of happiness and satisfaction, the chance to address the challenges of life, and a feeling of a sense of belongingness. On the other hand, the results from the observed online fan communities do not show any relevant data that answer the research questions because probing the members was not part of the objective for the present study. Nevertheless, the same online groups have been found to be a venue for the free sharing of information about the fandom. Overall, the findings suggest that the superhero fandom is a context for the formation of values that are essential in positive youth development.

KW: Developmental Psychology

SURVIVING COLLEGE LIFE: UNMASKING ADJUSTMENT CONCERNS AND COPING STRATEGIES OF INTERNATIONAL STUDENTS
Cinderella R. Francisco, Janne Ly Gilpo, Rowena V. Bañes, PhD & Calvin Dave D. Ganub, PhD
University of Saint La Salle-Bacolod

This is a descriptive study aimed to describe the adjustment concerns and coping strategies of international students enrolled in the university. There are 19 students who were purposively identified as participants for the social survey and 15 students for Focus Group Discussion. In general, data revealed that participants report having extreme difficulty with their relationship with God/Divine being, and in handling their personal relationship problems. Specifically, participants reported having slight difficulty adjusting to teaching strategies, dealing with new professors, experiencing moderate difficulty in establishing closer relationship with God, participating in social activities, making themselves understood by others, and feeling alone in college. The study also revealed that participants are coping positively with their adjustment concerns. Findings lend support to the university’s thrusts on inclusive education and internationalization. The reported adjustment concerns are affirming of their vulnerability to succumb to multiple-issues harmful to their total wellness while they are in their transitional stage. The difficulties they experienced in their academic pursuit are context for teachers to revisit, continually upgrade classroom instructions as well as to be mindfully sensitive and respectful of the students’ multi-cultural backgrounds and for administrators’ attention to sustain provision of essential support and resources so as to respond to the variant needs of the international students. The study recommends actions that may ensure international student’s ability to overcome challenges and thereby flourish psychologically and socio-culturally in their new environment.

KW: Counseling Psychology, Social Psychology, Teaching Psychology
FURRIES AND THEIR FURSONA: THE PSYCHOLOGY BEHIND THE LOCAL ANTHROPOMORPHIC COMMUNITY
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De La Salle-College of Saint Benilde

Anthropomorphism is referred to as the attribution of human traits, emotions, or intentions to non-human entities such as species of animals (Urquiza-Haas and Kotrschal, 2015). This study seeks to provide a psychological understanding and explanation of the constructed personas or “fursonas” of the members or “furries” who are part of an anthropomorphic group or fandom. In particular, an analysis of the sense of belonging, personality, well-being and motivation of the furries is carried out in this research.
KW: Assessment Psychology & Social Psychology

A DESCRIPTIVE PHENOMENOLOGICAL STUDY ON PARENTS WITH DISABILITY
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De La Salle University-Manila
Mary Ann Madrid-Adnol
Saint Louis University
Roger S. Mangalus
Angeles University

Parenting with disability as a social construct has cast doubts on the competence of parents with disability to raise their children in which they are seen as dependent victims of their own circumstances. However, parenting with disability is an empowering experience because it can also be a source of meaning and satisfaction. Therefore, a Descriptive Phenomenological Analysis was used to investigate the essence of the lived experiences of parents with disabilities in raising their children and providing for the needs of the family. The method recommended by Colaizzi (1978) for data analysis was used to examine the accounts of participants. The verbatim responses of six participants, with 151 significant statements were classified into codes and further extracted to form six main themes. These are process of acceptance and emotional struggles of living with a disability, stigmatization, employment barriers, provision of assistance and support, not being a burden to family and a provider for their needs, and sacrifice and allocation of money for family. Hence, this study aspires to promote inclusivity and social awareness among parents with disability. It also highlights the impact of parenting with disability to their children including the positive experiences of parenting with disability.
KW: Clinical Psychology

BILIBID LOLOS: A QUALITATIVE STUDY ON SUCCESSFUL AGING BEHIND BARS
Roseann Tan-Mansukhani, PhD,
Krisha Mae Geneciran, Ina Beatrix Merida,
Alex Clarese Monasterial & Angelica Rose Muñoz
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Successful aging acknowledges the growth, vitality and striving of older adults in spite of decline. This qualitative study looked into successful aging in a challenging, if not adverse, context, which was an incarcerated environment. Specifically, this study sought to describe the constraints experienced by elderly prisoners in the biological, psychological and social domains, the resources available to them, and their strategies for attaining successful aging in an incarcerated context. Thematic analysis was used to analyze data from semi-structured interviews of 10 male elderly prisoners, who were nominated by prison peers and staff. Results showed that elderly prisoners perceived constraints in physical decline, lack of communication with family and friends outside of prison and emotional distress; recognized available resources from prison provision of basic necessities, prison programs, support system, and their own personal learnings; and used strategies of setting goals outside the prison, strengthening one’s faith, engaging in leisure activities, socializing with peers, leadership, self-improvement, and using own inner resources. These findings are discussed through the lens of the selective optimization with compensation model (P. Baltes & M. Baltes, 1990). Implications of these findings on the social-emotional development and mental health of incarcerated older adults are likewise discussed.

KW: Developmental Psychology

EFFECTIVENESS OF EXISTENTIAL PSYCHOTHERAPY IN REGULATING DEPRESSION AMONG OLD PERSONS
Luel Mae P. Contreras
Xavier University

This research developed and implemented the Existential Psychotherapy for Old Persons (EP-OP) in 8 weeks with 18 sessions, to regulate depression in late life. To gather data, a within-subjects experimental design was used with survey, focused group discussion, repeated measures, and case study method. The survey revealed a 94% prevalence rate of depression among the respondents, but the significant difference in the levels of depressive symptoms before and after the EP-OP (z=-2.025, Asymp. Sig=0.043) found the intervention to be effective for old persons. Before the EP-OP, common depressive symptoms were about emptiness and more problems with memory; while feelings of energy, good spirits, satisfaction in life, worth, happiness, hope and going out and trying new things were regulated after the intervention. The EP-OP was also effective among particular socio-demographic variables. Finally, the creative, experiential and attitudinal values of the EP-OP were determined among the factors identified to contribute to its effectiveness. Meaning was experienced by the participants in the tasks, in relationships they recalled from the past and they developed in the intervention, and in lessons they learned through the intervention. The search for meaning of life or existence during old age, can, therefore, effectively regulate symptoms of depression.

KW: Clinical Psychology, Counseling Psychology, Developmental Psychology
TENDING MY GARDEN: THE LIVED EXPERIENCES OF ADULT CAREGIVING CHILDREN OF PARENTS WITH DEMENTIA

RM April T. Alon
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This paper is a phenomenological study that explored the lived experiences of adult caregiving children of parents with dementia. The study revealed the caregiver’s experiences and its three major phases namely: (a) Being immersed in the caregiving process, (b) Adverse effects and challenges in caregiving (c) Developing resilience as a caregiver. A purposive sampling technique was utilized to determine the participants and semi-structured in-depth interviews were conducted. The participants were residents of Bacolod City who were either single or married non-working children who have been taking care of their elderly parents with dementia for 1 year or more. Using a combination of Lichtman and Moustakas’ Method of Data Analysis, eleven primary themes were identified representing the lived experiences and meaning found in the participants’ experience as a caregiver: (a) Becoming the primary caregiver, (b) Concern and Worry, (c) Love and Reciprocity, (d) Decline in loved one, (e) Fatigue, (f) Striking a balance, (g) Feelings of guilt and apprehension, (h) Finding purpose and satisfaction, (i) Garnering support, (j) The solace of recreation (k) Spiritual growth. The primary stressors found to be associated with caregiver burden include the time spent for caregiving tasks, unavailability of support with caregiving tasks, lack of financial support and patients’ behavioral disturbances. It highlights the caregiver’s journey of how they became the caregiver, the important factors associated with caregiver burden, how they developed resilience in facing their daily struggles and how they found meaning in their caregiving experience.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology

ATTITUDE TOWARDS MENTAL ILLNESS AND SELF-STIGMA OF SEEKING HELP AMONG COLLEGE STUDENTS

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There is an evidence of the prevalence of mental disorders in the Philippines according to the Department of Health [DOH] (2005). Although scarce, there is increasing evidence indicating a general reluctance to seek professional help for mental health problems among Filipinos living in the Philippines. This study attempts to identify the attitude of college students towards mental illness and determine possible correlates of mental health help-seeking behavior specifically to understand how various domains of attitude towards mental illness may help predict self-stigma of seeking help among college students. Respondents were composed of 1291 college students who participated in online survey. Standardized tests were administered which include a number of...
statements about mental illness and self-stigma of seeking help. The study confirms that in general, most respondents gave answers indicating positive views of people with experience of mental illness and self-stigma of seeking help was found to be high. Negative attitude towards people with mental illness shows significant positive correlation to self-stigma of seeking help and positive attitude towards people with mental illness shows significant negative correlation. The results further show that attitude towards mental illness is a significant predictor of self-stigma of seeking help.

KW: Counseling Psychology, Developmental Psychology, Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology, Teaching Psychology

STUDENTS’ HAPPINESS AND SOCIAL PARTICIPATION: THE MODERATING ROLE OF RESILIENCE

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Bohol Island State University
Eden A. Neri
Misamis University
Melinda I. Libiran
Philippine Science High School–Zamboanga Peninsula Region Campus
Mary Jane B. Cinco
Samar State University

This paper investigated the relationship of happiness, resilience and social participation among the grantees of Expanded Students’ Grants-in-Aid Program for Poverty Alleviation (ESGP-PA) in selected SUCs in the country. 258 ESGP-PA grantees of 179 females and Bachelor in Secondary Education majors participated in this study. Instruments used to measure the three variables were the Oxford Happiness Questionnaire, Devereux Adult Resiliency Survey and Participation Scale. Results reveal that the participants have a moderate level of happiness, a high resiliency and a no restriction in social participation. Moreover, there is a positive correlation between happiness and resilience, while a negative correlation for both happiness and restrictions for social participation including resiliency and restrictions for social participation. Only the relationships between happiness and social participation along with resiliency and social participation show significant results. Therefore, social participation among the ESGP-PA grantees is influenced by both happiness and resilience. The result provides a clear perspective on the extent of the grantees’ social participation while receiving the aid. This has implications on the effectiveness of the ESGP-PA program to produce students to become agents of their own development and contribute to community and society’s progress instead of being passive beneficiaries.

KW: Teaching Psychology

ADULT LEARNERS’ LIVED EXPERIENCES: A PHENOMENOLOGY ON THEIR ACADEMIC LIFE

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Davao Del Norte State College

This study aimed to explore and understand the lived academic experiences of the adult learners as they returned to higher education. A qualitative research design was applied, using in-depth interview, to gather data from the 10 participants. Simple
Thematic analysis was used to examine the data. Findings show that adult learners faced challenges as they go back to school such as having pressure and stress and difficulty in accomplishing research papers. However, most of them were able to cope with the challenges encountered by seeking help from experts and managing time effectively. Having availed the provincial scholarship and the determination to graduate motivated them to pursue schooling. Furthermore, conducting course-related training, counselling services, financial assistance, continuation of the scholarship program and mentoring are recommended to aid adult learners.

KW: Counseling Psychology, Teaching Psychology

THE PERCEIVED BEHAVIORAL FACTORS OF FILIPINO STUDENTS AT RISK OF DROPPING
Mary Dawn Valencia
Negros Oriental State University

This study aimed to gain perspective in determining specific behavioral factors of students at risk of dropping out (SARDO). These behavioral factors were categorized into three dimensions: academic resources, adjustment problems and disruptive behavior. Sixty-nine students at risk of dropping out participated in the study. Having used the Student Behavior Survey developed by David Lachar, PhD as measurement tool, statistical results revealed that three major findings emerged, namely: 1) Poor Social Skills 2) Less Parent Involvement, and 3) High tendency to be impulsive, inattentive and irritable (Attention-Deficit/Hyperactivity). Moreover, there is a significant relationship between students’ profile and the perceived behavioral factors. Based from the results, there is a strong need to look into the present condition of students at risk of dropping. Finally, the formulation of appropriate psychological intervention is necessary to address these pressing concerns in the different school divisions of Dumaguete City.

KW: Teaching Psychology

Learning Session 10: H6 DOCUMENTING TEACHING EFFECTIVENESS: CAPACITY-BUILDING SESSION FOR PSYCHOLOGY INSTRUCTORS
Angelito Z. Antonio, PhD
University of Asia and the Pacific

As teacher-scholars, Psychology instructors are in an excellent position to appreciate the benefits that can come from a reflective and objective examination of their own teaching and the impact that their teaching and behaviors have on student learning (Halonen et al., 2012). This learning session is aimed at helping Psychology instructors document their teaching accomplishments. Drawn from and supported by the literature, the facilitator will provide and share strategies that will enhance the skills of instructors to self-assess accurately their performance in the classroom and how to use this as evidence in developing substantive support about teaching quality. The session includes a discussion on self-assessment as a process and some of its challenges and some of the strategies for developing better self-assessment skills.
Mental health concerns and the incidence of suicide are increasing in the Philippines, as the country experiences economic growth and trends toward a more diverse population. However, there is a lack of mental health crisis programs in terms of prevention and intervention in the Philippines, especially in its rural communities. This presentation will look at the mental health first response program as a mental health crisis skills intervention model. The model is intended for Filipinos who want to gain valuable skills in mental health concerns and suicide prevention and intervention. The presentation will focus on the public health issues of mental health and suicide as part of the overall public health issue. Participants will learn about current trends of suicide in the Philippines compared to other Asian countries. They will learn about current advocacy, training programs and flexible models that have the goal of reducing the occurrence of suicides in our country. This will give the participants an overview on how to intervene with someone who may be experiencing a mental health crisis and/or other mental health conditions that may or may not be a crisis situation.

KW: Mental Health and Psychosocial Support (MHPSS) and Disaster Psychology