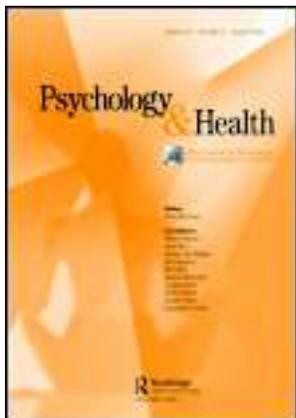


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developed than in other areas, e.g. drug prevention or health promotion. The style of communication between MHP specialists, policy makers, target groups and general population should be definitely changed.

**Efficacy of combined mindfulness based cognitive therapy with CBT and traditional cognitive behaviour therapy in reduction of global severity index (GSI) of patients with major depressive disorder**

Omidi, A.,\* Sazvar, S.A., Akbari, H., & Heidarinasab, L.; \*Kashan University of Medical Sciences, Iran

**Objectives:** Efficacy of combined Mindfulness Based Cognitive Therapy with CBT and Traditional Cognitive Behaviour Therapy in reduction of global severity index (GSI) of patients with Major Depressive Disorder is considered in this study. **Methods:** This clinical-experimental study was carried out on 90 patients randomly selected from 160 cases referring to Tehran University Consulting Centers, Shahed University and Saba Rehabilitation Clinic and met DSM-IV criteria for Major Depressive Disorder. They were divided into 3 equal groups including CBT (Cognitive Behaviour Therapy), MBCT (Mindfulness Based Cognitive Therapy) with CBT, and TAU (Treatment As Usual). The first and second groups received psychological treatment while the third ones received medications. They were between 18 and 45 years old with two depression episodes and evaluated through the Structured Clinical Interview for DSM-IV (SCID) and self-report by Brief symptom Inventory (BSI), in two pre and post tests. Data were analysed by Co-variance analysis. **Results:** combined MBCT with CBT group have significantly decreased GSI scores. **Conclusions:** Elements from MBCT and CBT in comparison to CBT made was more effective than TAU in reduction of global severity index.

**A needs assessment of mind and body medicine education at the Kashan University of medical sciences**

Omidi, A.,\* Yaghubi, H., Shams, E., Kahani, D., & Heidarinasab, L.; \*Kashan University of Medical Sciences, Iran

**Objectives:** mind and Body medicine encompasses a wide variety of concepts and therapies not generally taught in allopathic medical schools but of apparent interest to medical trainees. However, little is known about the learners' specific needs for improving their mind and Body concepts and clinical skills. **Methods:** Internship medical students internal medicine resident-physicians and attends at the Kashan, Tehran and Iran Medical University, were invited to participate in a voluntary questionnaire to assess mind and Body medicine knowledge, skills, attitudes as well as their desired learning methods. **Results:** Medical Internship students ( $n=62$ ) and resident-physicians ( $n=28$ ) and attends ( $n=45$ ) generally hold favourable attitudes towards mind and Body medicine but have not knowledge and skills enough at managements their patients. Most of participants indicate as their preferred learn about mind and Body medicine. **Conclusions:** In our sample, learner-driven mind and Body medicine education at undergraduate and graduate levels is indeed necessary and wanted. In constructing mind and Body medicine education curriculum interventions, attitudes, perceived knowledge deficits, and preferred learning strategies should be considered for the trainees and thus ultimately responsive to the needs of their patients.

**Perspectives on pediatric injuries in Cluj-Napoca, Romania**

Oprescu, F.,\* Chereches, R., Rus, D., Sirlincan, E.O., & Peek-Asa, C.; \*Babes-Bolyai University, Romania

Traumatic injuries greatly affect children's physical and psychological well-being, affecting their school performance, and often leave children with life-long disabilities. A surveillance system has been pilot tested in the Emergency Department of the Cluj-Napoca Hospital as part of the EU Injury Data Base (IDB). Data collection was conducted according to the common IDB standard established in the Member States. The scope of the project was to identify the frequency and characteristics of childhood injuries with the goal of providing information to support prevention efforts and provide comparable data among Member States. Preliminary descriptive results indicate that over one third of injured children treated in the Children Hospital of Cluj-Napoca occur between 0 and 4 years of age. Children in this age group suffer twice as many injuries as in any other age group. As a result, every six months in Cluj County, one out of every 100 children younger than 4 years old receives emergency health care treatment for an injury. Furthermore, over two thirds of children sustained injuries to the head region, 40% of which affected the brain and/or the skull. This pilot data provided a baseline for evidence-based prevention strategies with substantial return on investment.

#### **The profile of affective distress: New norms for the Romanian population**

Opris, D.,\* Macavei, B., & Pintea, S.; \*Babes-Bolyai University, Romania

**Objectives:** This study aims at establishing new norms for the Romanian population for an instrument (The Profile of Affective Distress – PAD) which was created with the purpose to differentiate between functional and dysfunctional negative emotions, from the anxiety/concern and depression/sadness category. **Methods:** 1462 participants were included in the study, and we conducted analysis procedures for the content validity, criterion related validity and construct validity. We also tested the reliability through internal consistency procedures. **Results:** The results show a good reliability and validity. **Conclusions:** The psychometric characteristics of this instrument recommend it for clinical and research use.

#### **Psychosocial factors and marijuana use among young adolescents in Slovakia**

Orosova, O.,\* Gajdosova, B., Salonna, F., & Sebens, R.; \*PJ Safarik University in Kosice, Slovak Republic

**Objective:** The objective of this study was to explore the associations between selected psychosocial factors and marijuana use among young adolescents. **Methods:** Our sample consisted of 3725 adolescents (49% boys; mean age was 14.3;  $SD \pm 0.65$ ). Binary logistic regression was performed to assess the associations between selected psychosocial factors and adolescent's marijuana use. The model contained seven independent variables (social information processing, social skills, social awareness, as factors of The Tromso Social Intelligence Scale; perceived access to marijuana use; normative expectations related to the prevalence, as well as the usual frequency of peers' marijuana use; best friend's marijuana use. Analyses were performed separately for both genders. **Results:** The perceived access to the use of marijuana and best friend's marijuana use were positively associated to marijuana use among boys and girls. Social awareness was negatively associated to marijuana use among both genders. Social skills and normative expectations of the frequency of peers' marijuana use were positively associated to marijuana use only among boys. **Conclusions:** The importance of implementing gender-specific marijuana use prevention programs in schools was supported by research results in this study.