

5th INTERNATIONAL CONGRESS OF CLINICAL AND HEALTH PSYCHOLOGY ON CHILDREN AND ADOLESCENTS

Seeking improvements in
psychological treatments

2019
NOVEMBER
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OVIEDO
SPAIN



BOOK OF
ABSTRACTS

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 **EDICIONES**
PIRÁMIDE

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Relatedly, the mental health was improved for the experimental group but not for the control group. The results indicated that the positive rumination training class is effective to improve mental health for middle school students.

P128. THE MEDIATING ROLE OF CHILDREN'S PERFECTIONISM IN THE ASSOCIATION BETWEEN MINDFUL PARENTING AND CHILDREN'S WELL-BEING

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Although scarce, there is some evidence that parental practices are associated with the development of children's perfectionism. Mindful parenting, a parental approach characterized by the practice of bringing mindful awareness to parent-child interactions, is associated with several positive psychosocial outcomes in children. However, no study examined whether it is associated with children's perfectionism. The aim of this study is to test a path model to explore whether mindful parenting can contribute to lower levels of children's perfectionism and, consequently, to higher levels of children's well-being. A sample of 222 mother-child dyads (56.3% girls; $M_{age} = 11.97$ years, $SD = 2.91$, range = 8-18 years) was collected in a public school in central Portugal. Mothers completed the Interpersonal Mindfulness in Parenting Scale and children completed the Child and Adolescent Perfectionism Scale and the Kidscreen-10 index. The indirect effect of mindful parenting on children's well-being through perfectionism (socially prescribed perfectionism and self-oriented perfectionism) was explored through the Process macro for SPSS. Children's age was introduced as a covariate. Higher levels of mindful parenting were associated with higher levels of children's well-being only through lower levels of socially prescribed perfectionism (point estimate = .036, 95%BcCI = [.002, .100]), in a model explaining 30.26% of the children's well-being variance. These results suggest that mindful parents seem to help their children to be less perfectionists, particularly to feel less pressured by others to be perfect, and consequently, to experience greater well-being. One key feature of mindful parenting is the non-judgmental acceptance of children's shortcomings and limitations, which seem to protect them from developing maladaptive perfectionism.

P129. THE BABY VERSION OF THE INTERPERSONAL MINDFULNESS IN PARENTING SCALE: PSYCHOMETRIC PROPERTIES AND FACTOR STRUCTURE IN A SAMPLE OF PORTUGUESE MOTHERS IN THE POST-PARTUM PERIOD

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The Interpersonal Mindfulness in Parenting scale (IM-P) is a self-report questionnaire for measuring

mindful parenting among parents of children and adolescents (Duncan, 2007; Moreira & Canavarro, 2017). We developed an adapted version for parents of infants aged 0 to 12 months that is similar to the original IM-P but items were adapted for parents of newborns-infants. The Portuguese baby version contains 28 items distributed across five subscales, following the structure of the Portuguese IM-P version: 1) Listening with Full Attention (LFA); 2) Compassion for the Child (CC); 3) Non-Judgmental Acceptance of Parental Functioning (NJAPF); 4) Self-Regulation in Parenting (SRP), and 5) Emotional Awareness of the Child (EAC). This study aims to explore the psychometric properties of the IMP-Baby version and confirm its factor structure. Two studies were developed. Study 1 included 560 Portuguese mothers of babies (1-12 months) recruited through an online survey that included the IM-P, the Hospital Anxiety and Depression Scale and the Parenting Stress Scale. Study 2 included 295 mothers of babies (1-12 months) also recruited online. Confirmatory factor analyses were conducted to confirm whether the five-factor structure would fit the data (correlated an hierarchical models were tested). In both studies the best-fitting model was the correlated five-factor model, which exhibited an adequate fit to the data [Study 1: $\chi^2(337) = 884.14$, $p < .001$, CFI = .903, SMSR = .053, RMSEA = .054, BC90%CI = .05/.06; Study 2: $\chi^2(337) = 564.74$, $p < .001$, CFI = .905, SMSR = .063, RMSEA = .048, BC90%CI = .04/.06]. Cronbach's alpha coefficients were 0.84 for LFA; 0.76 for CC; 0.77 for NJAPF; 0.75 for SRP and 0.68 for EAC. Significant and negative correlations were found between mindful parenting dimensions and anxiety, depression, and parenting stress. This study demonstrated that mindful parenting can be reliably measured among parents of infants and is the first to explore the psychometric adequacy of an adapted version of the IM-P for this specific population.

P130. THE ROLE OF THE SELF-CONTROL AND THE SELF-CONSCIOUSNESS IN THE (AB)USE OF SMARTPHONE ADDICTION AND SOCIAL NETWORK IN ADOLESCENTS

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Nowadays, adolescents express their thoughts through smartphones, specifically to cultivate their relationships and search for emotional ones, to keep up with fashion, to use many types of applications and to support their friends or other users. Adolescents have reported that they would not be able to live without their smartphones. Literature underlined that the most considerable issue regarding smartphone addiction is its uncontrollability of usage. Indeed, the excessive use of smartphone seems to be related to the role of self-control and self-consciousness which are considered predictors of social maladjustment. Indeed, low self-control might be considered as a critical psychological predictor of problematic smartphone use. The aim of the current study is to deepen the relationship between this excessive use and self-control, impulsiveness and the ability to regulate emotions,