

Paper number 1084 | Oral Presentation | Clinical

Group-based psychological interventions for parents with mental health symptoms and a child under the age of 5: A Scoping Review

Aylin Aras, University College London; Peter Fonagy, University College London; Camilla Rosan, University College London; Anna Freud Centre; Chloe Campbell, University College London

In addition to the negative effects of parental psychopathology on the parent's daily functioning, parental mental health problems have been associated with deteriorations in parent-infant bonding and parenting quality, as well as impairments in many areas of a child's functioning in the long-term such as poorer outcomes in brain, language, social, emotional and cognitive development. The existing reviews examining the effects of psychological interventions conducted with parents with mental health problems in the early years of parenting predominantly focus either on individually delivered intervention modalities or only one outcome domain (parent mental health, parenting quality, child development). Therefore, this review aims to address this gap by systematically evaluating group-based psychological interventions for parents with mental health problems and a child under the age of 5 by specifically focusing on the roles of group-based psychological interventions in improving parent mental health, parenting, and child developmental outcomes. After a systematic search in five electronic databases, 31 papers were included in the study. Based on the treatment elements used in each intervention, included studies were classified as mental health, parenting/child development, or both parenting and mental health-focused interventions. Great variability has been noted in the combinations and types of interventions delivered. Although definitive conclusions are not possible due to a limited number of available studies, a small sample size, and the heterogeneity of the measures used, the results revealed some support for the effectiveness of group-based intervention modalities for enhancing mental health and various parenting outcomes. However, only a handful of studies examined child outcomes, and the results were insignificant in most of the studies. In terms of the types of therapy modalities, group cognitive behavioral therapy (CBT), group interpersonal psychotherapy (IPT) as well as groups incorporating attachment-based parenting elements have been found most effective in many outcome domains.

Paper number 1122 | Oral Presentation | Clinical

Psychometric Properties of Parental Embodied Mentalizing Assessment Tool and Its Validity in Perinatal Mental Health Setting

Aylin Aras, University College London; Peter Fonagy, University College London; Chloe Campbell, University College London; Camilla Rosan, University College London; Anna Freud Centre

Parental mentalizing, the capacity of the parent to see their own and their children's actions as a product of underlying mental states (intentions, thoughts, and feelings), has been proposed as an important mechanism leading to mother-child attachment security, and the development of mentalizing capacity in the child. It has been associated with positive outcomes in the cognitive, social, and emotional development of the child (Luyten et al., 2021; Sharp & Fonagy, 2008). Existing operationalizations of the construct are predominantly based on semantically described, explicit aspects of parental mentalizing, such as parental reflective functioning, insightfulness, and mind-mindedness. Recently, Shai and Belsky (2011a, 2011b) introduced the theoretical construct of parental embodied mentalization, in an attempt to encompass nonverbal, implicit aspects of parental mentalization. Assuming kinaesthetic dyadic exchanges as embodied manifestations of underlying mental states, a new measure has been developed to measure the parental capacity to mentalize based on the frame-by-frame analysis of the dyadic bodily expressions in the sound-off, video-recorded interactions. In recent years, although there is an increase in empirical studies using the PEM tool, which provides some support for the validity of the measure in relation to verbal measures of mentalizing, child development, attachment security, maternal sensitivity, psychometric properties of this measure still wait to be established. Therefore, this presentation will aim

to share the outcomes of the ongoing research assessing the psychometric properties of a newly developed measure, Parental Embodied Mentalizing Assessment (PEMA), and its relation to sociodemographic factors in a clinical sample of mothers from the perinatal mental health setting. The clinical and research implications will be discussed.

Paper number 993 | Invited Symposium | Psychological responses to the pandemic

INVITED SYMPOSIUM Covid-19 social impact and its lesson for interventions aimed to community psychology wellbeing

Caterina Arcidiacono, INPA

The aim of the symposium is to highlight the implicit knowledge on social and individual needs that the segregation experience due to covid 19 highlights in the psychological academic research and among professionals involved in social and health services.

Therefore, Italian research focused on Covid 19 collected in the AIP website will be analyzed with the aim of detecting suggestions for social organizations of our future world. Research results from different social domains will be analysed to detect and discuss innovative potential strategies for relational and social wellbeing (Arcidiacono, Di Napoli et al).

Elisabetta Camussi, president of the Italian foundation “Adriano Ossicini”, member of the national taskforce to face Covid will present and discuss measures proposed by the Italian Psychologists order to enhance the resilience in front of covid 19 impact.

The President of the Italian association of Psychologists (David Lazzari) will be focused on individual resilience and social community support as well as describing protocols and guidelines created with school authorities and public health organizations.

The innovative role of Information technology communication tools will be also presented by the AIP President (Santo Di Nuovo) and further discussed. In fact, Digital divide, loneliness in human settlement and the importance of commune shared relational experience of the so called 15mns responding communities are key issue that the Covid19- home segregation experience highlighted giving new perspectives for urban settlement and public governance.

These national results will be discussed in an international debate involving Bruna Zani as discussant and a further participant from an EU country.

Paper number 996 | Invited Symposium | Climate Change and sustainability

INVITED SYMPOSIUM ON CLIMATE CHANGE: Psychological theorisations and interventions to face Climate change: community awareness, training and social advocacy

Caterina Arcidiacono, INPA

An introduction on human well-being and environment interactions will open the symposium focusing on the importance of cognitive and emotional issues in the interaction of people and environment highlighting how the environmental context impact on human wellbeing and risk related to climate change issues and eco-stress. Research and practical implication will be discussed highlighting the potential role of psychology in this domain.

The symposium will present the 9iccp Naples creative interactive performance on “Quality of life: Environment, Sea, Earth and wellbeing” aimed at participants awareness on climate change risk in which an ensemble of actors created impromptu stories expanding the sense of a safe environment as well as the buildup of a welcoming life environmental context

(https://www.youtube.com/watch?v=85EeRG9Ah2o&ab_channel=9ICCPNaples)