



MIND MERGE RESEARCH EXPO

**Psychology Conference
Journal**

**11th August 2024
Lakshman Kadirgamar Institute
Colombo - Sri Lanka**



2024



MIND MERGE RESEARCH EXPO

2024





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“Everything can be taken from a man, but the last of the human freedoms: to choose one’s attitudes in any given set of circumstances.”

–Viktor Frankl



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Message from Head of Conference Committee

Dr. Saisanathani Sridharan



Dear Colleagues, Students, and Esteemed Guests,

It is with great pride and excitement that I welcome you to the inaugural Psychology Research Conference in Sri Lanka. This event is a significant milestone for all of us, and I am truly honored to share this moment with each of you. Organized by ANC Education, this groundbreaking conference brings together institutes from across the island, providing a unique platform for our undergraduate and postgraduate psychology students to present their innovative research.

For the first time, we have the opportunity to unite as a community, sharing our work with peers, leading researchers, and practitioners. As someone who is deeply passionate about psychology, I am genuinely thrilled to see the exchange of new ideas and the fostering of meaningful collaborations that this conference will undoubtedly inspire. Our participants have worked tirelessly to contribute to the body of knowledge in psychology, and this event is a testament to their dedication and hard work. Together, we will shape the future of psychology in Sri Lanka.

This conference is more than just a gathering; it is a celebration of our shared commitment to advancing psychological research and practice. Participants will have the invaluable opportunity to enhance their academic and professional profiles, engage in stimulating discussions, and build networks that will support their future endeavors. I encourage each of you to take full advantage of the sessions, presentations, and interactions that this conference offers. I would like to extend my heartfelt gratitude to all the contributors, sponsors, and attendees who have made this pioneering event possible.

Your support and participation are crucial to the success of this conference, and I deeply appreciate your commitment to our shared vision. As we embark on this exciting journey together, I look forward to the enlightening and inspiring experiences that await us. Let us embrace this opportunity to learn, grow, and contribute to the advancement of psychology in Sri Lanka.

With warm regards and best wishes,

Dr. Saisanathani Sridharan

Committee Head Mind Merge Research EXPO - ANC Psychology Conference 2024



Message from Conference Committee



Dear All,

It is with great pleasure and excitement that we welcome you to the inaugural Psychology Research Conference in Sri Lanka. As Co-Programme Chairs, we are honored to be part of this pioneering event, which has brought together a remarkable team of organizers, contributors, and supporters to create a truly exceptional conference experience. Organizing this conference has been a journey marked by collaboration, dedication, and a shared vision of advancing psychological research in Sri Lanka.

Our goal was to create a platform where all psychology students could present their innovative research, engage with leading experts, and form meaningful connections that will propel their academic and professional careers. We are immensely proud of the efforts put forth by our organizing committee, volunteers, and partners. From meticulously planning the program to ensuring a seamless execution of the event, their hard work and commitment have been the backbone of this conference. Their enthusiasm and passion have been truly inspiring, and it is their collective effort that has made this event possible.

The Mind Merge Research EXPO is designed to be more than just a conference; it is a celebration of the vibrant and growing field of psychology in Sri Lanka. Our carefully curated program includes a diverse array of presentations, workshops, and panel discussions that reflect the cutting-edge research and innovative practices in our field. We have also ensured ample opportunities for networking and collaboration, recognizing the importance of building a strong, supportive community. We extend our heartfelt gratitude to all our sponsors, whose generous support has been crucial in bringing this event to life. We also thank our distinguished speakers and presenters for sharing their knowledge and expertise.

Lastly, we are deeply appreciative of the participants and attendees, whose enthusiasm and engagement are the true spirit of this conference. As we embark on this exciting journey together, we hope that you find the conference to be a source of inspiration, knowledge, and new opportunities. Let us embrace this moment to learn, connect, and contribute to the future of psychology in Sri Lanka. Thank you for joining us and making this event a success.

Warm Regards,
Ammaarah Sadiq & Farhana Fairoze,

Co-Programme Chairs Mind Merge Research EXPO - ANC Psychology Conference 2024

MMRE - 2024

Committee Members

Head of Conference

Dr. Saisanathani Sridharan

Secretary

Ms. Navangi De Silva

Assistant Secretary

Thurrgashini Dhanapalan

Co-Programme Chair

Farhana Fairoze

Ammaarah Sadiq

Finance Chair

Navaal Khan

Programme

A. R. Teny Sahaana Agalawela

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Trishika Jayasekera

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Atshya Panchalingam

Pasindu Paranayapa Sachini

Duleksha Daluwatte

Digital Chair

Nilusha Mary Nimal

Shazna Imtiaz

T.V. Iresha Ravihari Vithanage

Journal Chair

Khadhijah Shiraz

Nazreen Nilam



Message from Journal Committee



Dear Esteemed Guests, Colleagues, Fellow Scholars, and all participants,

We are thrilled to present to you the inaugural Psychology Conference at ANC. This conference marks a significant milestone in our academic journey, as it represents the culmination of our collective efforts to foster a deeper understanding of the human mind and behavior through rigorous research and intellectual exchange.

As co-editors of the conference proceedings, we are honored to have had the opportunity to compile this journal of knowledge, which showcases the diverse studies conducted by our peers and participants. The abstracts contained within this compilation reflect the breadth of topics explored within the field of psychology, ranging from cognitive and developmental studies to social psychology, mental health, and beyond.

This journal is not just a collection of research papers; it is a testament to the passion, dedication, and scholarly curiosity that our committee has brought to the study of psychology. Each abstract represents hours of research, analysis, and critical thinking, and we are immensely proud of the contributions made by all participants. We believe that this compilation will serve as a valuable resource for future research and will inspire continued inquiry into the complex and fascinating field of psychology.

We would like to extend our heartfelt thanks to all the participants, mentors, and faculty members who have supported us throughout this process. Your guidance and encouragement have been instrumental in making this conference a reality. We also express our gratitude to our peers for their hard work and for entrusting us with the responsibility of compiling this journal.

As we embark on this exciting event, we look forward to the stimulating discussions, new insights, and collaborative spirit that this conference will undoubtedly foster. Together, we are not just participants in this conference we are the pioneers of a tradition that we hope will continue for years to come for all at ANC.

With warm regards and best wishes,

Khadijah Shiraz & Nazreen Nilam.
Co-Editors, Mind Merge Research EXPO - ANC Psychology Conference 2024

Key Note Speaker

Dr. Robert Vaughan



Dr Robert Vaughan joined the University of West London as Head of Psychological Sciences in the School of Human and Social Sciences in 2023. Robert completed his BSc in Psychology, MSc in Applied Sport and Exercise Psychology, and PhD examining 'The Role of Intelligence in Sports' at Ulster University.

Robert has published over 35 books, book chapters and peer-reviewed articles and given interviews on this body of work to outlets such as the BBC. Robert's research has received over £60,000 in external funding and he has given invited talks on his research to organisations such as the Football Association England.

Robert's research primarily focuses on three areas of sport and exercise psychology, namely executive function, personality and psychometrics. All three intersect across athletic expertise and the individual differences associated with elite athletes. For example, Robert's current work examines the application of socially undesirable traits such as the Dark Triad in sport.

Key Note Speaker

Dr. Pavithra Godamunne



Dr. Pavithra Godamunne specializes in Developmental Psychology and Health Professions Education, with extensive experience teaching across Public Health, Occupational Therapy, Speech Therapy, and Police Sciences.

She provides clinical and research supervision for postgraduate and doctoral students in Clinical Psychology, Counselling Psychology, and Health Professions Education. At the Ayati National Centre for Children with Disabilities, Dr. Pavithra offers psychometric assessments and interventions.

Her research focuses on developing psychological assessments and promoting behavioral change to enhance well-being in children and communities. She is a passionate advocate for child rights, serving on the Board of Directors at the National Child Protection Authority, and supports the para-athlete movement in Sri Lanka.

As a former Director of the Staff Development Centre at the University of Kelaniya, she is dedicated to empowering higher education staff and is also committed to improving educational quality, having reviewed several degree programmes offered by non-state higher education institutions for the Ministry of Higher Education.

Key Note Speaker

Mr. Tuan Cassim



Mr. Tuan Zanoos Cassim is a Clinical Neuropsychology Doctoral student at the University of Utah, USA. He received his bachelor's degree in psychology from City College of the City University of New York in 2017. Following this, he pursued graduate education at the Vrije University of Amsterdam, the Netherlands, specializing in cognitive neuropsychology.

Mr. Tuan's research and clinical interests focus on neuropsychology, neurodegenerative diseases, intraoperative cognitive testing for neurosurgery, and cognitive testing using methods such as EEG and neuropsychological evaluations. During his graduate studies, he was trained in neuropsychology research and studied the effects of physical activity and cognitive phenotype in APOE-4 allele carriers.

He has extensive research experience, including working in a lab at the College of Staten Island, City University of New York, focused on the psychophysiology of autism and the broader autism phenotype. Here, he studied autistic traits related to cardiac autonomic activity, interoceptive accuracy, and emotion processing. He also worked in the division of Neuro anesthesia at Columbia University Irving Medical Center in New York, focusing on the neurophysiology of the sedated brain and investigating intraoperative EEG signatures and their association with adverse postoperative outcomes such as delirium.

Mr. Tuan has published articles on various topics, including broader autism phenotype, intraoperative EEG markers for postoperative outcomes, EEG methodologies in both the operating room and basic science settings, sleep and exercise in the ageing population, and direct current stimulation of the brain in the operating room.

Currently, he is a National Science Foundation Graduate Research Fellow and a Clayton Award recipient for Excellence in Graduate Research at the University of Utah, USA. His current research involves studying overnight sleep EEG as a biomarker for long-term brain ageing in natural short sleepers.

Key Note Speaker

Ms. Vishmi Ranatunga



Ms. Vishmi Ranatunga is a dedicated researcher with a strong academic background, holding two MSc. degrees in Social Psychology and Cognitive Sciences and Technologies from HSE University, one of Russia's leading research institutions. Currently, Vishmi is exploring the effects of non-invasive brain stimulation techniques on emotion regulation, contributing to the understanding of how these methods can influence emotional experiences.

In addition to this primary research, she is a member of a faculty research group focused on the vegetative markers of rare emotional states, aiming to identify physiological biomarkers associated with various emotions. Vishmi has also shared her knowledge and expertise by lecturing on research methodology at ANC Education Institute in Sri Lanka.

Her diverse research interests and teaching experience reflect her commitment to advancing the field of cognitive science and enhancing our understanding of the complex interplay between cognition and emotion.

Key Note Speaker

Ms. Stephanie Gunaratne



Ms. Stephanie Gunaratne is currently working as the Program Convenor for Creative Humanities at Edith Cowan University, Sri Lanka. She holds an MSc in Social and Applied Psychology and a BSc (Hons) in Psychology from the University of Kent. She has had six years of experience in conducting social psychological research in the UK, Turkey, and Sri Lanka, and three years of experience in lecturing and supervising undergraduate and postgraduate students.

Ms. Stephanie has published research on honor and violence against women and has co-authored a book chapter in the Encyclopedia of Domestic Violence. Further, she has contributed to a multicultural project on gendered norms of shame and honor in South Asia funded by the London School of Hygiene & Tropical Medicine. Ms. Stephanie is also the recipient of a PhD Scholarship Award, awarded to her by the European Research Council and the University of Sussex to continue her studies in the field.

Key Note Speaker

Ms.Miedhuna Ravindran



Miedhuna Rabindran holds an MSc in Clinical & Health Psychology from the UK and a BSc in Psychology from the USA. Certified in Counseling and Psychotherapy in Sri Lanka, Miedhuna is the founder and director of Little MINDs Sri Lanka, a child development centre specialising in therapeutic activities for children of all ages, including those with special needs. Miedhuna has successfully taught over 300 children independently over the past four years using methodical and target-oriented strategies.

During the COVID-19 lockdown, Miedhuna initiated an online activity school for children confined indoors, making significant strides in the education sector for children. Miedhuna is internationally trained in working with special needs children. Concurrently, she also runs an online platform called 'Talk Therapy,' offering a range of counselling and psychotherapy services with over seven years of experience in the field.

Agenda

MMRE - 2024

9:30 AM - 10:00 AM:

Registration and Morning Coffee

10:00 AM - 10:15 AM:

Opening Remarks by the Program Chair - **Farhana Fairoze**

Address by General Chair - **Dr Saisanathani Sridharan**, MBBS, MSc., Academic Head -
Psychology Programmes, ANC Education

Address by the Chief Guest - **Dr Palitha Mahipala**, Secretary, Ministry of Health, Sri Lanka
LAUNCHING OF E-JOURNAL- Dr. Palitha Mahipala

10:15 AM - 11:15 AM:

Morning Keynote Speakers

Keynote Speaker 1:

Importance of Interdisciplinary Research in Psychology

Tuan Cassim, BA., MSc. PhD - Clinical Neuropsychology (Reading), University of Utah, USA

Keynote Speaker 2:

The role of Cultural Context in Psychological Research and Practice

**Dr Pavithra Godumunne, Bsc., MA., PhD, Senior Lecturer and Head, Department of Medical
Education, University of Kelaniya, Sri Lanka**

11:15 AM - 12:45 PM:

Session 1: Oral Presentations

Shazna Imtiaz

EXPLORING THE PSYCHOSOCIAL EXPERIENCES OF FEMALE BREAST CANCER SURVIVORS IN
SRI LANKA.

D. R. Dulpa Silpini Pathirage

BURNOUT AND COPING IN PRIMARY CAREGIVERS OF CHILDREN WITH ASD

Thushana Sathasivam

RELATIONSHIP BETWEEN PERCEIVED STRESS, BURNOUT AND TURNOVER INTENTION
AMONG SRI LANKAN VOLUNTEERS

A.R.Teny Sahaana Agalawela

SLEEP QUALITY AND RESILIENCE ASSOCIATION WITH THE BURNOUT EXPERIENCED WHILE
BREAKING BAD NEWS: SRI LANKA

Upeka Gimhani Karunaratne

SELF-COMPASSION AND ATTITUDE TOWARDS MENTAL HEALTH SERVICES AS PREDICTORS
OF MENTAL HELP-SEEKING INTENTIONS AMONG UNDERGRADUATES.

Elabada Arachige Dulani Seelika Gunapala

RELATIONSHIP BETWEEN MINDFULNESS AND ANXIETY AMONG SCHOOL TEACHERS IN SRI
LANKA

Agenda

MMRE - 2024

Panel

Dr Pavithra Godumunne, BSc., MA., PhD, Senior Lecturer and Head, Department of Medical Education, University of Kelaniya, Sri Lanka

Ms. Stephanie Gunaratne, BSc., MSc., Program Convenor for Creative Humanities, Edith Cowan University, Sri Lanka

12:45 PM - 1:45 PM:

Lunch Break and Poster Presentations

1:45 PM - 3.00 PM:

Session 2: Oral Presentations

Ammaarah Mohamed Sadiq Ali

THE INFLUENCE OF BIOPSYCHOSOCIAL FACTORS ON SLEEP QUALITY IN YOUNG ADULTS

Sajidha Halideen

FACTORS ASSOCIATED WITH HEALTH-RELATED QUALITY OF LIFE IN INDIVIDUAL WITH

NON-COMMUNICABLE DISEASES

Samiha Ameera Almaz Anzary

IDENTIFYING THE RELATIONSHIP BETWEEN THE SOCIOAFFECTIVE VOCABULARY LEARNING

STRATEGIES AND VOCABULARY SIZE OF LI AND L2 ESL PSYCHOLOGY UNDERGRADUATES

IN A SRI LANKAN HIGHER EDUCATIONAL SETTING

Khadhijah Shiraz

EXPLORING THE IMPACT OF INTIMATE PARTNER VIOLENCE ON PSYCHOLOGICAL WELL-

BEING IN WESTERN PROVINCE OF SRI LANKA

Ishrath Nazreen Nilam

A QUALITATIVE EXPLORATION OF THE FACTORS THAT INFLUENCE THE QUALITY AND

STABILITY OF RELATIONSHIP OF MARRIED INDIVIDUALS IN SRI LANKA

Shenelle Weerakoon

MEDIA & MUSCLES: CORRELATIONAL STUDY ON MEDIA EXPOSURE AND BODY DISSATISFACTION IN MALES, 18-30, SRI LANKA.

Agenda

MMRE - 2024

Panel

Ms. Stephanie Gunaratne, BSc., MSc., Program Convenor for
Creative Humanities, Edith Cowan University, Sri Lanka

Ms. Miedhuna Rabindran, BSc., MSc., Founder/Director, Little
Minds, Sri Lanka

3:00 PM - 4:00 PM:

Afternoon Keynote Speakers

Keynote Speaker 3:

The Role of VLPFC in Emotion Regulation: A tDCS Study

**Vishmi Ranatunga, Msc., MSc., BSc., Research Assistant - Vegetative
Markers of Rare Emotional States, Research Group, HSE University,
Moscow,
Russia.**

Keynote Speaker 4:

The Role of Dark Personality in Sport

**Dr Robert Vaughan, BSc., MSc., PhD., CPsychol., SFHEA. Associate
Professor and Head of Psychological Sciences, University of West
London**

4:00 PM - 4:30 PM:

Address by **Ms Aruni Mahipala, COO - ANC Education Awards**
Ceremony

Best Paper Award

Best Poster Award

4:30 PM - 5:00 PM:

Closing Ceremony

Highlights and Achievements

Announcement of Next Year's Conference

Vote of Thanks by Program Chair - **Ammaarah Sadiq**

Final Networking Session with Coffee



Abstract
Poster Presentation

Keywords:

Condom Use, Mental Wellbeing, Safe Sex

PREDICTORS OF SAFE SEX, MENTAL WELL-BEING AND CONDOM USE AMONG THE INDIVIDUALS IN SRI LANKA

K. A. Nipuni Malsha Kariyapperuma

Objective

Numerous studies have been carried out to evaluate the connections between people's usage of condoms, mental health, and safe sex predictors. Over the past few decades, indicators of safe sexual behavior, mental health, and condom use have increased, with studies showing that self-efficacy is a key factor. Both positive and negative effects on an individual's psychological well-being are caused by these elements. Thus, the purpose of this study was to evaluate the various predictors linked to the use of condoms, sexual negotiation, and risk-taking behaviors; the obstacles people encounter when engaging in safe sex; the effect these behaviors have on mental health; the significance of self-efficacy for condom use; and the impact of social norms on sexual decision-making among workers in the western province of Sri Lanka.

Method

An online survey measuring well-being, condom-using propensities, and psychological variables influencing sexual risk-taking and defense mechanisms was completed by a sample of 151 working people. The data was analyzed using a multiple linear regression test and a Spearman correlation test.

Results

Findings of this study showed that 19.2% of participants rarely or always used condoms during sexual activity, 54.3% of sample members had moderate sexual experience, and 47.0% of participants were sexually active. Also, results indicated that social norms and self-efficacy had a significant positive weakly moderate relationship, while sexual negotiation and barriers to condom use showed a significant positive moderate relationship to self-efficacy. Additionally, multiple linear regression analysis showed that sexual risk taking, social norms, sexual negotiation, and quality of life were significant predictors of self-efficacy among the workforce in the western province of Sri Lanka.

Conclusion

According to this study, predictors of sexual risk taking, barriers to condom use, social norms, sexual negotiation and quality of life predicts self-efficacy. Research gaps were depicted with previous researches and the present research such as this study could be conducted with a gender-balanced sample. Moreover, studies on condom use, its predictors and mental wellbeing of individuals should be conducted periodically to examine the validity of the research findings since time by time new trends in safe sex practices may evolve and different new safe sex practices may be introduced. The research findings of the present study could also be applied in the real world and practitioners may use these findings to support clients diagnosed with mental health disorders by helping them to overcome them, develop awareness on safe sex practices and how to overcome from STIs and unintended pregnancies.



THE RELATIONSHIP BETWEEN DEPRESSION AND META MEMORY IN OLDER ADULTS

Habarakadage Judith Shenali Perera

Abstract Poster Presentation

Keywords:

Depression, Meta-memory, Older adults

The memory problems in old age can be reduced by improving meta-memory. Over the recent decades, numerous studies have demonstrated that emotional-affective factors, such as depression, have an impact on the meta-memory in addition to age-related factors. It's possible that depression has the biggest impact on meta-memory components of older adults. The present study was aimed at exploring the relationship between depression and meta-memory (which is measured in terms of memory satisfaction, memory ability and memory strategies) among the older adults.

The study consisted of 40 participants and they were chosen through the purposive sampling technique. A demographic questionnaire, the CES-D scale and the Multifactorial Memory Questionnaire were used in data collection. Data was analyzed using the Statistical Package for the Social Sciences.

The results showed that there was a statistically significant negative correlation between depression and memory satisfaction component of meta-memory, a statistically significant negative correlation between depression and memory ability component of meta-memory and a statistically significant positive correlation between depression and memory strategies component of meta-memory.

And the study revealed that the mean scores of memory satisfaction and memory ability were lower among those who showed depressive symptomology compared to those who didn't showed depressive symptomology. And the mean score of memory strategies were higher among those who showed depressive symptomology compared to those who didn't.



Abstract Oral Presentation

Keywords:

ASD, Burnout, Coping mechanisms, Primary caregivers

BURNOUT AND COPING IN PRIMARY CAREGIVERS OF CHILDREN WITH ASD

D.R. Dulpa Silpini Pathirage

This quantitative study investigates burnout and coping strategies among primary caregivers of children with Autism Spectrum Disorder (ASD) in Sri Lanka. Using three self-reported measures—the Zarit Caregiver Burden Interview, the Revised Ways of Coping Checklist, and a demographics survey—burnout levels, coping mechanisms, and caregiver characteristics were assessed.

The sample comprised of 59 caregivers (mean age of 36 years), predominantly female and mostly educated to Advanced Levels or higher. These participants were opportunity sampled from two ASD outpatient clinics at the Lady Ridgeway Hospital for Children, Sri Lanka. Analysis with SPSS version 25 revealed that these caregivers experienced mild to moderate burnout ($m = 26.68$). Significant positive correlations were found between burnout and the use of self-controlling ($p = 0.017$), avoidance ($p = 0.002$), and distancing coping methods ($p = 0.001$), with the latter two identified as dysfunctional mechanisms. This correlation was particularly significant among unemployed caregivers. Additionally, planful problem-solving was found to vary significantly with education levels, though no significant difference in burnout levels was observed between employed and unemployed caregivers.

The findings indicate important associations between burnout, coping strategies, employment status, and educational levels. These findings suggest that targeted interventions to reduce dysfunctional coping and enhance planful problem-solving could benefit these caregiver groups, subsequently improving the level of care they provide to the children in their care.



PSYCHOMETRIC EVALUATION AND PREDICTIVE VALITY OF NURSES' OCCUPATIONAL STRESS (NOSS) SINHALA LANGUAGE VERSION

Abstract Poster Presentation

Keywords:
*Nurses' Stress, NOSS,
Reliability, Validity.*

Abdul Azees & Vishmy Ranathunga

COVID 19 pandemic created an increased requirement in nursing care for the infected community in Sri Lanka. Nurses as front line caregivers in the hospital faced difficulties with overcrowd, staff shortage, shortages in medical supplies, and fear of unknown. Nurses' stress level affected the quality of care provided. Only handful of research studies were conducted in Colombo even with quarantine rules and regulations. These studies used scales which were developed in America. Assessing the nurses stress level using a scale developed in South East Asia and translated version is crucial in predicting future consequences of stress.

Purpose is to study the factorial structure and reliability in NOSS translation. Four point likert scale was forward translated into Sinhala and Sinhala backward translated into English. Expert panel approved the translation. Data collected from 278 respondents and reliability checking and factor analysis was conducted.

Factor loadings extracted seven factors. Mean score for NOSS 60.91, overall reliability of translation is chronbach's alpha value of 0.756. Work family conflict is the highest score (Mean 76.38, SD 17.36). Second highest for unmet basic physiological needs (Mean 71.1, SD 21.53). Overall 4.3% of respondents had mild stress, 88.9% had moderate stress, and 11.1% had severe stress. Every single item had a chronbach's alpha value of 0.7. Translation shows good reliability and validity. It can be used in future studies in all over the country.



THE IMPACT OF PERCEIVED PARENTING STYLE ON SOCIAL ANXIETY AND QUALITY OF LIFE AMONG UNDERGRADUATE STUDENTS AT PRIVATE INSTITUTES IN COLOMBO, SRI LANKA

Abstract Poster Presentation

Nilakshi Walawage

Keywords:

***Emerging adulthood,
Parenting styles, Quality
of life, Social anxiety,
Undergraduate students***

The present study aims to assess the impact of perceived parenting style on social anxiety and quality of life among undergraduate students at private institutes in Colombo. Ages 19 to 25 are considered "emerging adulthood." Parenting styles play an important role in the quality of life of children and the development of social anxiety. Further, social anxiety is highly significant among undergraduate students (Desalegn et al., 2019; Hakami et al., 2017; Reta et al., 2020).

However, no sufficient research has been conducted on these topics in the Sri Lankan context. Therefore, the present study was conducted in hopes of filling the gap. The data was collected from a total of 117 undergraduate students through an online survey; SIAS, APA-FFQ, and WHOQL_BREF were used to measure social anxiety, parenting style, and quality of life. Non-parametric one-way ANOVA and Spearman correlation were conducted to analyze the data. The present study's SIAS results analysis revealed that $N = 80$ participants had social anxiety ($M=35.89$, $SD=10.35$), which is 68.4% of the total participants.

However, the results indicated that there was no significant impact of perceived parenting style on social anxiety or the quality of life of undergraduate students, yet there was a significantly positive correlation between social anxiety, psychological health, and environmental health.



Abstract Oral Presentation

Keywords:

Burnout, Perceived stress, Turnover intention, Volunteers

RELATIONSHIP BETWEEN PERCEIVED STRESS, BURNOUT AND TURNOVER INTENTION AMONG SRI LANKAN VOLUNTEERS

Sathasivam & Boralessa.

Volunteering is important for a productive economy and society. Despite Sri Lanka's world-leading volunteer participation rate of 46% in 2019, volunteer organizations struggle with turnover intention. When a volunteer quits, it does not only affect the organization but the community as well as a whole. While volunteering offers well-being benefits, demanding roles can lead to burnout and stress. Perceived stress and burnout are known to push people out of various roles, but their influence on volunteers remains under-explored. Due to this limited research, this study aimed to examine the relationships between perceived stress, burnout, and volunteers' turnover intention in Sri Lanka.

This study used a quantitative cross-sectional design utilizing 128 Sri Lankan volunteers who were 19 years to 52 years. The Perceived Stress Scale (PSS-10), Oldenburg Burnout Inventory (OLBI) and the turnover intention scale were used to measure perceived stress, burnout and turnover intention respectively. The participants demonstrated moderate levels of perceived stress, high levels of burnout, and moderate negative levels of turnover intention. A significant relationship was found between perceived stress and burnout ($r(126) = .42, p < .001$) perceived stress and turnover intention ($r_s(126) = .28, p = .002$) and burnout and turnover intention ($r_s(126) = .50, p < .001$).

To reduce perceived stress, burnout and turnover intention, volunteering organizations need to assist their volunteers in maintaining a balanced mental state through a healthy work environment, conducting regular well-being assessments, and holding awareness sessions to support volunteers' mental health. This will not only enhance volunteer retention but also contribute to the overall success and societal impact of volunteer organizations.

Future researchers could incorporate a qualitative design to gain in-depth insights into what leads to turnover intention and what drives them to continue volunteering.



INFLUENCES OF SPIRITUAL WELL-BEING AND COPING ON MENTAL HEALTH OF METHODIST CLERGY IN SRI LANKA

Abstract Poster Presentation

Ajani Fernando

Keywords:

Clergy, Coping Mechanisms, Mental Health, Methodist, Spiritual Well-Being.

This study explores the relationship between spiritual well-being and coping mechanisms in the context of the mental health of Methodist clergy in Sri Lanka. Previous research by Shaw et al. (2021) highlighted the particular difficulties faced by ministers by revealing greater levels of distress and despair among them.

The study's objectives are to measure spiritual well-being, look into the connection between spiritual well-being and mental health, pinpoint coping mechanisms, and find out how they affect mental health. The study used a quantitative methodology and a sample of 114 clergy members who spoke English. It used validated measures such the Depression, Anxiety, and Stress-21, the Spiritual Well-being Scale, and the Brief COPE Scale.

The findings show that spiritual well-being is moderate and that problem-focused coping is more common. Positive correlations have been shown between spiritual well-being and anxiety/depression, and successful problem-focused coping lowers negative feelings. Age, marital status, and gender all have a big impact on mental health, which highlights the need for specialized interventions. Limitations include potential social desirability bias and linguistic exclusivity.

The results highlight the significance of attending to the spiritual aspects of clergy well-being, providing helpful assistance with problem-solving, and discouraging avoidant coping. By connecting the fields of religious studies and mental health research, the work advances multidisciplinary understanding.

Further research avenues involve complementing quantitative findings with qualitative interviews to further explore the actual experiences of clergy members.



Abstract Oral Presentation

Keywords:

***Breaking bad news,
Burnout, Oncology,
Resilience, Sleep
quality***

SLEEP QUALITY AND RESILIENCE ASSOCIATION WITH THE BURNOUT EXPERIENCED WHILE BREAKING BAD NEWS IN SRI LANKA

Teny Sahaana Agalawela

Background

The burden of cancer is on the rise as the incidence rates of cancer worldwide has drastically increased in the recent years. Higher incidence rates have led to an increase in breaking bad news on topics such as life-limiting diagnosis, cessation of treatment, and acceleration of the disease to patients on a regular basis. The current study examined the association between sleep quality and resilience with burnout experienced by the oncologists and medical officers working with cancer patients while breaking bad news in Sri Lanka. Furthermore, the study also explored the variations in burnout scores based on sociodemographic variables.

Method

The data was collected using a demographic questionnaire, the Burnout Assessment Tool, the Resilience Scale and the Pittsburgh Sleep Quality Index from a volunteer sample of 40 participants between the ages of 25 to 63 years. A predictive correlational design was adopted to examine the hypotheses of the study.

Results

The data analysis, reveals that sleep quality and resilience significantly predicted burnout ($R^2 = 36\%$).

Conclusion

As a pioneer study conduct in the country on the topic of breaking bad news, it provides recommendations to future researchers on the limitations encountered when conducting research into the topic. Furthermore, the findings have clinical implications to help with better formulation of health interventions based on health psychology models to tackle the burnout experienced in order to increase the quality of life and the job satisfaction in the oncology workforce. More future research is required to better explore the association of sleep quality and resilience with burnout and the variations in burnout scores based on sociodemographic variables.



Abstract Oral Presentation

Key words:

***Help-seeking Attitudes,
Help-seeking Intentions,
Mental Health, Self-
compassion.***

SELF-COMPASSION AND ATTITUDE TOWARDS MENTAL HEALTH SERVICES AS PREDICTORS OF MENTAL HELP-SEEKING INTENTIONS AMONG UNDERGRADUATES

Upeka Gimhani Karunaratne

Untreated mental health conditions among undergraduates due to poor intentions of seeking help have adverse negative consequences deterring psychological wellbeing.

This study aims to examine the role of self-compassion (SC), and attitudes towards mental health services (ATMHS) as predictors of mental help-seeking intentions (MHSI). By exploring these factors, the study proposes the use of SC and ATMHS as facilitators of seeking psychological services when in need. This is a quantitative correlational survey study, utilizing a sample of 110 undergraduates from Greater Colombo region, examining the association between the predictor variables (SC and ATMHS) and outcome variable (MHSI) by the use of three validated questionnaires and multiple regression analysis. Additionally independent t test was done to examine the gender differences for self-compassion, ATMHS, and MHSI.

Key findings indicates that there is an association between the two predictor variables self-compassion (Beta= 0.19, $p= 0.040$) and ATMHS (Beta=0.28, $p=0.004$), with MHSI. Further, the combined effect of self-compassion and ATMHS as predictors of MHSI accounting for about 12.7% of the variance is greater than when the associations are considered separately. Gender analysis revealed that there was no association between gender and the predictor variables. The only significant difference found was females have more positive intentions of seeking mental health services compared to males ($M=4.58$, $F= 5.22$). In conclusion, while being the first study to examine the relationship between self-compassion, ATMHS, and MHSI among undergraduates.

This research provide crucial knowledge filling a gap in literature in Sri Lanka. The findings emphasize the need to advocate for a novel approach in promoting mental-help seeking, through the improvement of self-compassion and promotion of positive attitudes towards mental health services. These strategies could effectively improve psychological wellbeing of Sri Lankan undergraduates.



Abstract Oral Presentation

Key words:
*Anxiety, Mindfulness,
School Teachers*

RELATIONSHIP BETWEEN MINDFULNESS AND ANXIETY AMONG SCHOOL TEACHERS IN SRI LANKA

Dr. H.M.C.J.Herath

The psychological and emotional well-being of school teachers is crucial because it influences children inadvertently. The nonjudgmental, present-focused awareness of experience known as mindfulness has become a well-researched coping mechanism for stress reduction and enhancement of psychological and occupational well-being.

This cross sectional study focused on to examine the relationship between anxiety and the level of mindfulness among school teachers. Hamilton Anxiety Rating Scale and The Five Factor Mindfulness Questionnaire's brief form were used as data collection instruments. The sample comprised 293 teachers who teach in grades 9, 10, and 11 in schools within the Kelaniya Educational Division.

The findings showed that 32% of teachers had no anxiety symptoms and 9% had moderate to severe symptoms. The majority of the male, "41-50" age group, 1AB type school teachers, postgraduate teachers, teachers with non-communicable diseases, and teachers with 11-15 years of experience were found to have severe anxiety symptoms. On the other hand, 59% of teachers displayed mild anxiety. In terms of mindfulness, a greater proportion of teachers, 69% have a moderate level of mindfulness. High-mindfulness teachers are female, between the ages of 41 and 50, have 11 to 15 years of experience, work in 1AB type schools, are trained and graduate teachers, and do not have any non-communicable diseases.

The study discovered a negative relationship between mindfulness and anxiety symptoms. One might suppose that it is caused by variations in teachers' coping and tolerance levels, as well as by internal factors and the influence of the sociocultural milieu. The identification of early indicators of teachers' anxiety should be a component of school-based awareness and intervention programs. Implementing continuous mindfulness development programmes for teachers in Sri Lanka can be viewed as a strategy for improving the Sri Lankan education system.

Research that incorporates additional contextual factors and control variables would shed more light on the mediators and moderators of teachers' level of anxiety and mindfulness as an extension of this study.



IMPACT OF MENTAL HEALTH LITERACY AND STIGMA ON MENTAL HEALTH HELP-SEEKING INTENTIONS AMONG SRI LANKAN POPULATION

Prathivea Puvanandiran

Abstract Poster Presentation

Keywords:

Depression, Help-Seeking intentions, Mental health literacy, Sri Lankan population, Stigma

The study, titled "Darker Shade of Blue: Impact of Mental Health Literacy and Stigma on Mental Health Help-Seeking Intentions among the Sri Lankan Population," seeks to examine the intricate relationship between mental health literacy, stigma, and the inclination to seek mental health assistance within the Sri Lankan context. This research aims to gain a comprehensive knowledge of the complex relationship between the widespread negative perception of mental health and its impact on people's willingness to seek care.

A survey was conducted on 450 participants who were all proficient in English and had a minimum educational qualification of foundation level. The survey was conducted utilising google forms via social media platforms. The purpose of the tools used was to evaluate participants' understanding of depression symptoms and treatments (mental health literacy) as well as their opinions and beliefs about mental health (stigma). The study assessed both personal stigma, which refers to an individual's beliefs and attitudes, and perceived stigma, which refers to one's opinion of social attitudes and the willingness to obtain help (mental help seeking intentions).

The results indicate a modest inverse relationship between mental health literacy and stigma, suggesting that increased knowledge and comprehension of mental health matters are linked to reduced levels of stigma. The study investigates the impact of various demographics on these parameters.

These findings emphasize the need of improving mental health literacy as a tactic to decrease stigma and encourage the adoption of help-seeking behaviours. Through the provision of focused mental health education and the correction of misconceptions, it is feasible to establish a more nurturing atmosphere that motivates individuals to actively seek the assistance they require. This research provides significant insights to the continuing endeavours aimed at enhancing mental health outcomes in Sri Lanka especially among the youth



Abstract Oral Presentation

Keywords:

Health-related quality of life, Noncommunicable disease, Sleep Quality, Social support

FACTORS ASSOCIATED WITH HEALTH-RELATED QUALITY OF LIFE IN INDIVIDUAL WITH NON-COMMUNICABLE DISEASE

Sajidha Halideen

Non-communicable diseases have emerged as a substantial global public health issue. People with noncommunicable diseases encounter various challenges associated with the condition, which significantly impacts their quality of life (Joshi et al., 2021). Understanding the relationship between these factors and the quality of life in non-communicable diseases is of utmost importance.

This study aimed to examine the relationship between health-related quality of life in non-communicable diseases and the relationship between sleep quality and social support among individuals residing in Sri Lanka. The methodology for this study is a predictive correlation design. The sample size of 127 consists of males and females between the ages of 30 and 60 who reside in the Colombo district and are diagnosed with either diabetes or hypertension. The sample was chosen through the purposive sampling technique. The study adhered to the ethical guidelines outlined by the British Psychological Society.

The data was analyzed using SPSS statistical analysis software version 28. Noncommunicable diseases have significant adverse effects on health-related quality of life $H(2, n=127) = 16.75, p < .001$. Furthermore, there was a significant positive correlation between sleep quality $r(125) = 0.80, p < .001$, and social support with health-related quality of life $r(125) = 0.52, p < .001$.

The intervention should be designed holistically, encompassing a Bio-psychosocial-cultural approach, to enhance the health-related quality of life in non-communicable diseases (Vilhena et al., 2014).



Abstract Oral Presentation

Keywords:
***Academic Pressure,
Adolescents, Coping
Strategies, Economic
Crisis***

EXPLORING COPING STRATEGIES EMPLOYED BY SRI LANKAN ADOLESCENTS TO COPE THE ACADEMIC PRESSURE AMIDST THE ECONOMIC CRISIS

Nileshi Nayagara Karunaratne

Academic pressure is a primary contributing factor that leads to mental health issues among adolescents. The present study explores the challenges faced and coping strategies the Sri Lankan adolescents employed to cope with the academic pressure amid the economic crisis in Sri Lanka. Employing a qualitative approach, semi-structured interviews were conducted with ten adolescents including five females and five males, who were preparing for GCE O/L, GCE A/L, IGCSE, or IAL examinations in a year. The interviews aimed to explore the challenges experienced by the adolescents during the current economic crisis, the coping strategies they utilised to manage academic pressure, the degree to which these strategies were successful, and the suggestions that will be provided by the adolescents on how changes in their life circumstances or background could facilitate more effective coping with academic pressure.

The qualitative data collected was analysed using thematic analysis, and three main themes were identified; Challenges faced by adolescents, coping strategies employed, and suggestions to handle academic pressure.

The findings within these themes and their respective subthemes were effective in achieving the research objectives and provided useful insights on how to support Sri Lankan adolescents in managing academic pressure and promoting their overall well-being.



Abstract Oral Presentation

Keywords:
Breast Cancer,
Healthcare,
Psychosocial, Sri Lanka

EXPLORING THE PSYCHOSOCIAL EXPERIENCES OF FEMALE BREAST CANCER SURVIVORS IN SRI LANKA

Shazna Imtiaz

Objectives

To explore the psychosocial experiences of women who had undergone breast cancer in Sri Lanka in order to provide a foundation for counselling and psychosocial support.

Design

The study was conducted using a qualitative study design. Semi-structured interviews were utilized as the data collection technique.

Methods

05 female breast cancer survivors between 2 and 10 years of remission were recruited for the study through the use of social media platforms. Three interviews were conducted face-to-face and two were conducted online. All interviews were audio recorded, and thematic analysis was used to analyze the data.

Results

Four main themes emerged from the analysis: Challenges encountered, Healthcare experiences, Coping mechanisms, and Beneficial outcomes. Significant findings highlighted the unique experiences of women battling cultural gender roles and 'losing' parts of themselves during treatment both physically and psychologically. Good physician-patient relationships were crucial in determining patient experiences and self-coping mechanisms with familial support were predominant due to the lack of systemised psychosocial support. Interestingly, post-traumatic growth was evident across all participants to the point of reaching catharsis in supporting other similar survivors.

Conclusions

Findings outlined the challenges women faced throughout all stages of breast cancer as well as unforeseen positive growth outcomes. The study focused a spotlight on areas of attention in female breast cancer experiences that often go unnoticed and unaddressed in cultural settings like Sri Lanka. The importance of reforming healthcare to include psychosocial support to provide a more positive patient experience is also noted.



Abstract Oral Presentation

Keywords:

Sleep quality, perceived stress, mental health, university students

EXAMINING SLEEP QUALITY AND PERCEIVED STRESS: A STUDY AMONG UNIVERSITY STUDENTS IN SRI LANKA

Atshya Panchalingam

Sleep quality and perceived stress are key components of mental health that can have a significant impact on the overall well-being of an individual. University students are known to be at a higher risk of experiencing poor sleep quality and high levels of perceived stress due to academic pressure and various other life commitments.

The current study aimed to examine the relationship between sleep quality and perceived stress among university students in Sri Lanka, as there were limited studies conducted on this content in Sri Lanka. The researcher used an online study to assess the variables sleep quality and perceived stress. The final sample consisted a total of 215 participants.

The results indicated poor sleep quality and moderate perceived stress levels among the participants. Correlation analysis indicated that there was a significant moderate positive correlation between PSQI Global Score and Total PSS Score ($p < .001$). These findings suggest that poor sleep quality and moderate perceived stress are prevalent among university students in Sri Lanka, and that female students may be more vulnerable to perceived stress than male students. The results highlight the need for interventions aimed at promoting better sleep quality and reducing perceived stress among university students.



Abstract Oral Presentation

Keywords:

Correlation, ESL, Socio-affective vocabulary learning strategies, Vocabulary size, L1 and L2 undergraduates,

IDENTIFYING THE RELATIONSHIP BETWEEN THE SOCIO AFFECTIVE VOCABULARY LEARNING STRATEGIES AND VOCABULARY SIZE OF L1 AND L2 ESL PSYCHOLOGY UNDERGRADUATES IN A SRI LANKAN HIGHER EDUCATIONAL SETTING

Samiha Ameera Almaz Anzary

Socio-affective vocabulary learning strategies refer to strategies that learners use to regulate their emotions and social interactions in the vocabulary learning process. Employing these strategies can have far-reaching implications on a learner's vocabulary proficiency. However, despite its importance, our knowledge of the relationship between socio-affective vocabulary learning strategies and vocabulary size in the Sri Lankan context is poor.

Thus, this correlational study of twenty L1 and L2 ESL Psychology undergraduates in a Sri Lankan higher educational setting sought to examine this relationship through administering a Vocabulary Learning Strategies (VLS) Survey and Schmitt, Schmitt and Clapham's (2001) Vocabulary Levels Test. This study used both descriptive and inferential statistics, namely through Microsoft Excel and Pearson's Correlation Coefficient Calculator to identify the level of use of VLS and vocabulary size, as well as the relationship between the 2 variables. Furthermore, a comparative analysis was done between the L1 and L2 participants.

The key findings revealed that when comparing the L1 and L2 participants, overall, all the socio affective VLS were used more frequently by the L2 participants (mean=3.81), than the L1 participants (mean=3.61). However, the overall reported frequency of socio-affective VLS use for all the participants was high (mean=3.76).

Moreover, while the participants' results, overall, (mean=83.04) suggested a higher-than- average vocabulary size, the L2 participants (mean=78.49) had a significantly lower mean than the L1 participants (mean=96.68). However, the most interesting result was that the overall correlation ($r = -0.5616$) indicated a moderate negative correlation between the two variables.



Abstract Oral Presentation

Keywords:

**Biological, Psychological,
Sleep Quality, Social,
Young Adults**

THE INFLUENCE OF BIOPSYCHOSOCIAL FACTORS ON SLEEP IN YOUNG ADULTS

Ammaarah Mohamed Sadiq Ali

Objectives

Sleep quality (SQ) is a rising concern amongst Young Adults and is crucial for the development of mental, physical, and emotional wellbeing. Therefore, this study aimed to understand the influence of Biopsychosocial factors on SQ in young adults in Sri Lanka. The factors consisted of Asthma, Hypertension, and Diabetes (biological); Life Satisfaction, Difficulties in Emotional Regulation (DER), and Resilience. (psychological); Gender, Marital Status (MS) and Socioeconomic Status (social). The major hypotheses states that all the factors have a significant effect on SQ.

Design

This study followed the cross-sectional quantitative design of research as the data was collected through surveys.

Methods

86 Sri Lankan participants within the age range of 18-35 were recruited using the convenience sampling method. The data was analysed using T-tests, ANOVA's, and Regressions.

Results

The results indicated that presence of Asthma (Beta=0.25, p=0.02), Income (Beta=0.22, p=0.04), Life Satisfaction (Beta=-0.33, p=0.002) and DER (Beta=0.35, p<0.001) significantly predicted SQ in an individual manner and significantly accounted for 29.2% of variance as a combined model (p<0.001). However, Hypertension, Diabetes, Gender, MS and Resilience did not significantly predict SQ.

Conclusion

The study's finding is in line with the Biopsychosocial model by Engel (1977). The study showcased a unique finding where increase income and SQ had a negative relationship. Further, MS and Gender had no effect on SQ. These findings were consistent with Sri Lankan literature but contradicted previous studies from other countries. Future studies are recommended to analyse these variables with a larger sample to provide support for the current study and derive better generalizable results.



THE IMPACT OF PARENTAL EMPLOYMENT, SELF-EFFICACY, AND INEFFECTIVE PARENTING ON CHILDREN'S BEHAVIOR IN SRI LANKA

Shelani Dias

Abstract Poster Presentation

Keywords:

Behavioral Problems, Children, Ineffective Parenting, Parental Employment, Self-Efficacy

The present study examines the complex associations between parental employment, self efficacy, and ineffective parenting styles relating to preschool-aged children's behavioral problems in Sri Lanka. The study included a sample of 150 people and used comprehensive questionnaires to look into the impact of these characteristics on internalizing and externalizing behavioral issues.

The findings revealed significant differences in behavioral outcomes between households with varying parental employment statuses, highlighting the complexity of this influence. In particular, parental self-efficacy negatively correlated with children's internalizing issues, rejecting traditional views. In contrast, parenting styles confirmed a significant positive association with both internalizing and externalizing problems, highlighting the vital role of effective parenting practices.

Study limitations, including sample size and cross-sectional design, should be considered before generalizing the results. Government funding for mental health programmes, parental initiatives, and different family structure methods is recommended.

This study contributes valuable insights to the limited literature on child behavioral issues in Sri Lanka, guiding evidence-based policies and interventions to improve the well-being of preschool-aged children.



QUALITY OF LIFE IN END-STAGE KIDNEY DISEASE PATIENTS IN SRI LANKA

Heshan Dilranga Amarathunge

Abstract Poster Presentation

Key words:

Depression, End stage kidney disease, Happiness, Hopelessness, Quality of life

Chronic renal failure is a longstanding medical disease marked by a gradual and permanent decline in kidney function (Iwmi, 2020). End-stage kidney disease is diagnosed when the eGFR (glomerular filtration rate) is less than 15, and most of these end-stage kidney disease patients will require hemodialysis at some stage of their lives until they undergo a kidney transplant. Approximately half of the patients undergoing hemodialysis encounter signs of depression and anxiety.

The present study was carried out to investigate the quality of life of end-stage kidney disease patients in Sri Lanka. The objective of the study is to identify the quality of life of end-stage kidney disease patients in Sri Lanka. A quantitative study was done on 150 end-stage kidney disease patients in Sri Lanka at NINDT, Colombo, using four standard questionnaires. The results showed that happiness has a correlation with quality of life. Also, it was found out that income has a negative impact on depression and hopelessness.

Further studies are needed to identify the other predictors of quality of life in these patients. As most of the patients are found to have a low quality of life, psychological and financial support needs to be provided.



Abstract Oral Presentation

Keywords:

Culture, Cycle of Abuse, Gender Roles, Intimate Partner Violence, Physical Abuse, Psychological Abuse, Stigmatization, Traditions.

EXPLORING THE IMPACT OF INTIMATE PARTNER VIOLENCE ON PSYCHOLOGICAL WELL-BEING IN WESTERN PROVINCE OF SRI LANKA

Khadhijah Shiraz

Hidden within relationships that appear idyllic, a dangerous threat looms intimate partner violence (IPV), a silent epidemic that breaks lives and erodes the core of trust and security (Ali et al., 2016). Studies confirm the widespread occurrence of IPV, exposing not just the severe extent of its harm but also emphasizing the immediate requirement for effective interventions. It's crucial to implement comprehensive measures to halt the cycle of abuse and rebuild the sanctity of intimate connections (Ali et al., 2016). The World Health Organization estimates one in three women experiences physical or sexual IPV in their lifetime (WHO, 2021). This qualitative study delves into the intricate dynamics of intimate partner violence (IPV) and its profound impact on the mental health of the victims in the Western province of Sri Lanka.

This research investigations have consistently underscored the efficacy of Herman's model, especially concerning its application to survivors of IPV (Koutra et al., 2022). Semi structured interviews were utilized to collect data from the participants. The data was collected through semi structured interviews from 3 victims who have experienced intimate partner violence. Using Interpretative Phenomenological Analysis (IPA), the research investigates the lived experiences of individuals subjected to IPV, focusing on the roles of gender, societal stigmatization, and the perpetuating cycle of abuse.

Results underscore the pervasive influence of traditional gender roles, societal attitudes, and the cyclical patterns of abuse on the mental well-being of victims. The findings highlight the familial ideology and cultural narratives in Sri Lanka construct domestic violence as a normal part of family life, discouraging discussion and reinforcing traditional gender roles the urgent need for comprehensive interventions addressing not only the immediate safety concerns but also the underlying societal structures perpetuating IPV and its detrimental effects on mental health.



**Abstract
Oral Presentation**

Keywords:
*Marriage, Partner
relationships, Relationship
quality, Qualitative
exploration, Stability, Sri
Lanka*

A QUALITATIVE EXPLORATION OF THE FACTORS THAT INFLUENCE THE QUALITY AND STABILITY OF RELATIONSHIP OF MARRIED INDIVIDUALS IN SRI LANKA

Nazreen Nilam

Marriage is a social institution that plays a crucial role in the lives of individuals and families. While marriage is often seen as a journey filled with adventure rather than a bed of roses, it is important to be aware of the factors that influence the success of marital life. Social and psychological aspects of individuals are particularly significant in the context of marriage. Couples' relationships provide tremendous support, togetherness, and a sense of connection, contributing to greater happiness and life satisfaction (Umberson et al., 2010). Conversely, marital conflicts, poor communication, and unsatisfactory relationships can lead to mental health issues such as stress, anxiety, and emotional distress (Whisman, 2001).

This research examines the multifaceted aspects that influence the quality and stability of marital relationships in Sri Lanka. Six participants, both male and female of various faiths, were interviewed, and the analysis was conducted using reflexive thematic analysis within a psychological framework. This investigation delves into multiple areas of relationships, allowing the researcher to engage deeply with the themes and produce a meaningful study.

The results reveals nuanced patterns of communication, traditional gender roles, inter-generational perspectives, crisis and conflict managements and more themes as significant contributors for this research. The study was based on individual experiences and in-depth engagement with personal narratives. The research implications suggests that recognizing and addressing the intricate interplay of cultural norms, diverse interpersonal dynamics and socioeconomic factors is crucial for informing targeted interventions.

Future studies should incorporate the advancement of conducting longitudinal and case studies to explore the objectives in a broader manner.



**Abstract
Oral Presentation**

Keywords:

***Anorexia nervosa, Body
dysmorphic disorder,
Correlation, Social media
engagement.***

MEDIA & MUSCLES: CORRELATIONAL STUDY ON MEDIA EXPOSURE AND BODY DISSATISFACTION IN MALES 18-30, SRI LANKA.

Shenelle Weerakoon.

The number of social media users is increasing at an uncontrollable pace. It is important, yet challenging, to identify the harmful effects of it. Usage of Social Media (SM) may be linked to an increase in eating disorders, such as Body Dysmorphic Disorder (BDD) and Anorexia Nervosa (AN) among consumers and may pose harm to body perception. It is vital to study this potential correlation as those affected typically have distorted perceptions of their appearance (facial and body features), which is often the point of focus in SM platforms. Previous research has yet to establish a correlation between SM usage and BDD thoughts specifically, particularly with a focus on males. Usage of SM, in this study, refers to participants' engagement with SM, as photo-sharing tools as well as the power of influencers shape body ideals which individuals internalise.

Data collection was done through a survey which included: The Social Media Engagement Scale (SMES), Gladwell (2013); The Instagram Intensity Scale (Ellison, 2007) and the Passive and Active Use Measure (PAUM) (Trifiro, 2018). The Body Image Disturbance Questionnaire (BIDQ) developed by Thomas Cash (2016) and The Body Image Survey (BIS); Lindgren (1975) was used to identify body dysmorphic thoughts. Along with the many strengths that the study offers, a few limitations were noticed.

However, there is scope to explore this association further, taking into consideration the present study limitations. The data extrapolated was analysed in SPSS. Findings indicated a strong positive correlation between media exposure and body dysmorphic thoughts in males, 18-30, in Sri Lanka. Additionally, findings brought forward new evidence where the way in which individuals engage with SM platforms is correlated with body dysmorphic thoughts. Findings from the study can add practical value in the implementation of preventive measures and treatment strategies for eating disorders, specifically for males.



HOW CONFORMITY TO FEMININE TO NORMS AFFECT PSYCHOLOGICAL WELL-BEING, STRESS, DEPRESSION AND ANXIETY LEVELS IN SRI LANKAN WOMEN.

Ashra Kamal

Abstract Poster Presentation

Keywords:

***Conformity, Feminine
Gender Norms, Quantitative,
Women***

Conformity to feminine norms have determined negative physical and psychological health impacts on women (Parent & Moradi, 2011). Research from Western and European countries predict that high levels of conformity to traditional feminine gender norms might result in low levels of overall psychological wellbeing in women and might be a risk factor for the development of various detrimental mental health issues such as depression, stress, and anxiety.

The purpose of this quantitative correlational study was to investigate the relationship between conformity to feminine norms and the overall psychological wellbeing, stress levels, depression levels, and anxiety levels in a sample of Sri Lankan women (N=83) in the age group 18-60. Data of each variable was evaluated using the Psychological Wellbeing Scale-18 (Ryff, 1989), Conformity to Feminine Norms Inventory-45 (Parent & Moradi, 2011), and Depression, Anxiety and Stress Scale- 21 (Lovibond & Lovibond, 1995).

Intriguingly and contrary to the literature review, the findings reported that there is no significant correlation between conformity to feminine norms and depression, conformity to feminine norms and anxiety and conformity to feminine norms and stress in Sri Lankan women. These contradictory findings confirmed the difference in conformity to feminine norms between individualistic and collectivistic cultures. Findings report that women from collectivistic cultures such as Sri Lanka gain a sense of harmony and fulfillment by adhering to feminine norms. Further findings show that there was no difference in conformity to feminine norm levels between employed and unemployed women and conformity and psychological wellbeing showed an inverse relationship.

These findings imply further research investigating contributing factors of the low mental health of Sri Lankan women. Interventions and awareness programs in relation to the integration of positive adherence to feminine norms and mental health of Sri Lankan women must also be considered.

Thank You.
Congratulations to all participants.
From
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Khadhijah Shiraz

Nazreen Nilam



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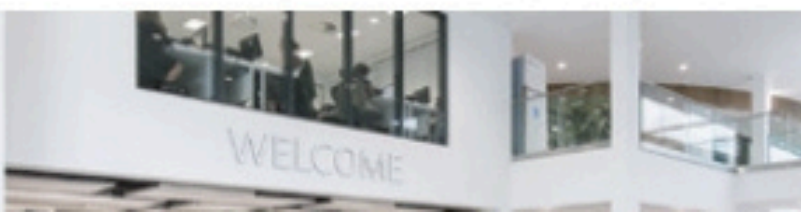
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