



Marius Milcu

Saúl Neves de Jesus

Michael Stevens

Margarida Gaspar de Matos

THE PSYCHOLOGY OF POST-PANDEMIC LIFE



# THE PSYCHOLOGY OF POST-PANDEMIC LIFE



EDITURA UNIVERSITARĂ

16<sup>th</sup> International Conference on  
MODERN RESEARCH IN PSYCHOLOGY  
November 2022, Sibiu, Romania

**Marius Milcu**

The *Lucian Blaga* University of Sibiu, Department of Psychology,  
Center of Psychological Research, Romania  
Association for Qualitative and Intercultural Studies in Psychology Sibiu, Romania

**Michael Stevens**

Professor Emeritus, Illinois State University  
Honorary Professor, The *Lucian Blaga* University of Sibiu  
Past-President, APA Division of International Psychology

**Saúl Neves de Jesus**

Director of the PhD in Psychology  
University of Algarve, Portugal

**Margarida Gaspar de Matos**

Coordinator of the G2 (Supportive environments)  
at ISAMB / Institute of Environmental Health  
University of Lisbon, Portugal

**THE PSYCHOLOGY  
OF POST-PANDEMIC LIFE**

**Editor-in-chief: Marilena Milcu**

## **Marius Milcu**

The *Lucian Blaga* University of Sibiu, Department of Psychology,  
Center of Psychological Research, Romania  
Association for Qualitative and Intercultural Studies in Psychology Sibiu, Romania

## **Michael Stevens**

Professor Emeritus, Illinois State University  
Honorary Professor, The *Lucian Blaga* University of Sibiu  
Past-President, APA Division of International Psychology

## **Saúl Neves de Jesus**

Director of the PhD in Psychology  
University of Algarve, Portugal

## **Margarida Gaspar de Matos**

Coordinator of the G2 (Supportive environments)  
at ISAMB / Institute of Environmental Health  
University of Lisbon, Portugal

# **THE PSYCHOLOGY OF POST-PANDEMIC LIFE**

**Editor-in-chief: Marilena Milcu**



**EDITURA UNIVERSITARĂ  
București**

Redactor: Gheorghe Iovan  
Tehnoredactor: Ameluța Vișan  
Coperta: Monica Balaban

Editură recunoscută de Consiliul Național al Cercetării Științifice (C.N.C.S.) și inclusă de Consiliul Național de Atestare a Titlurilor, Diplomelor și Certificatelor Universitare (C.N.A.T.D.C.U.) în categoria editurilor de prestigiu recunoscut.

**ISBN 978-606-28-1576-9**

**ISSN 2559 - 2947**

DOI: (Digital Object Identifier): 10.5682/9786062815769

© Toate drepturile asupra acestei lucrări sunt rezervate, nicio parte din această lucrare nu poate fi copiată fără acordul Editurii Universitare

Copyright © 2022  
Editura Universitară  
Editor: Vasile Muscalu  
B-dul. N. Bălcescu nr. 27-33, Sector 1, București  
Tel.: 021.315.32.47  
www.editurauniversitara.ro  
e-mail: redactia@editurauniversitara.ro

Distribuție: tel.: 021.315.32.47/ 0745 200 718/ 0745 200 357  
comenzi@editurauniversitara.ro  
www.editurauniversitara.ro

**ORGANIZING COMMITTEE**

**President of the Organizing Committee: MARIUS MILCU**

*Lucian Blaga* University of Sibiu, Department of Psychology,  
Psychological Research Center, Sibiu, Romania  
Association for Qualitative and Intercultural Studies in Psychology, Sibiu,  
Romania

**ADRIAN TUDOR BRATE**

*Lucian Blaga* University of Sibiu, Department of Psychology,  
Psychological Research Center, Romania  
Association for Qualitative and Intercultural Studies in Psychology, Sibiu,  
Romania

**CRISTINA GRABOVSKI**

Université de Montréal, Canada

**SORAIA GARCÊS**

University of Madeira / CIERL & Research Center for Tourism, Sustainability and  
Well-being  
Universidade do Algarve, Portugal

**MARILENA MILCU**

Lucian Blaga University of Sibiu, Romania

**TEODORA MARIA MILCU**

West University of Timișoara, Romania  
Lucian Blaga University of Sibiu, Romania  
Association for Qualitative and Intercultural Studies in Psychology, Sibiu,  
Romania

**SAUL NEVES DE JESUS**

University of Algarve, Portugal

**MICHAEL STEVENS**

The Chicago School of Professional Psychology  
Illinois State University, U.S.A.

*Sibiu, Romania, November 2022*

**ALIN GILBERT SUMEDREA**

Lucian Blaga University of Sibiu, Department of Psychology,  
Psychological Research Center, Sibiu, Romania

**INES TESTONI**

Department of Philosophy, Sociology, Education & Applied Psychology  
University of Padova, Italy

**SCIENTIFIC COMMITTEE**

**President of the Scientific Committee: MARIUS MILCU**

*Lucian Blaga* University of Sibiu, Center for Psychological Research, Romania  
Association for Qualitative and Intercultural Studies in Psychology

**ADRIAN TUDOR BRATE**

*Lucian Blaga* University of Sibiu, Department of Psychology,  
Psychological Research Center, Romania  
Association for Qualitative and Intercultural Studies in Psychology, Sibiu,  
Romania

**PETER DAN**

Long Island University, New York, U.S.A.

**ALINA DECSEI-RADU**

University of Oradea, Romania

**CRISTINA GRABOVSKI**

Université de Montréal, Canada

**SORAIA GARCÊS**

University of Madeira / CIERL & Research Center for Tourism, Sustainability and  
Well-being  
Universidade do Algarve, Portugal

**JOHANNES KRALL**

Institute of Educational Sciences and Research, University of Klagenfurt, Austria

**MARGARIDA GASPAR DE MATOS**

ISAMB / Faculdade de Medicina da Universidade de Lisboa, Portugal;  
APPSY-CI / ISPA – Instituto Superior de Psicologia Aplicada, Lisboa, Portugal;  
Equipa Aventura Social - Universidade de Lisboa, Portugal

**MARILENA MILCU**

*Lucian Blaga* University of Sibiu, Romania

**TEODORA MILCU**

West University of Timișoara, Romania  
*Lucian Blaga* University of Sibiu, Romania

**SAUL NEVES DE JESUS**

University of Algarve, Portugal

**MARGARIDA POCINHO**

University of Madeira / CIERL & Research Center for Tourism, Sustainability and  
Well-being, Universidade do Algarve, Portugal

**ADRIAN ROSAN**

Bábes Bolyai University of Cluj-Napoca, Romania

**MIHAELA RUS**

Ovidius University of Constanta, Romania

**MICHAEL STEVENS**

The Chicago School of Professional Psychology  
Illinois State University, U.S.A.

**ALIN GILBERT SUMEDREA**

*Lucian Blaga* University of Sibiu, Department of Psychology,  
Center for Psychological Research, Romania

**INES TESTONI**

Department of Philosophy, Sociology, Education & Applied Psychology  
University of Padua, Italy

**CRISTIAN VASILE**

Faculty of Letters and Sciences, Petroleum-Gas University of Ploiesti, ROMANIA

**ILIE PUIU VASILESCU**

Department of Psychology, Ramsey Center for Health and Natural Sciences (HNS)  
Union College, Barbourville, KY, U.S.A.

**ROBERT E. WUBBOLDING, EdD**

Center for Reality Therapy  
Cincinnati OH 45236, USA  
William Glasser Institute



## **”MODERN RESEARCH IN PSYCHOLOGY” COLLECTION**

**”Modern Research in Psychology” Collection** has been edited since 2007 by the Association for Qualitative and Intercultural Studies in Psychology from Sibiu, under the careful coordination and tutelage of founder and director, associate professor Marius Milcu, and also with the valuable help of a large international professional collective, therefore respecting all academic and professional associated fields.

Following the previous editions which we carefully organised (2007-2022), we managed to publish 16 conference proceedings volumes (**”Modern Research in Psychology” Collection**), as you can see below:

- Marius Milcu, Michael Stevens, Saul Neves de Jesus, Ines Testoni, Margarida Gaspar de Matos (2021). *The psychology of pandemics: new trends and prospects*. Editura Universitară București.
- Marius Milcu, Michael Stevens, Saul Neves de Jesus (2020). *Rethinking applied psychology: research paradigms vs. practical approaches*. Editura Universitară București.
- Marius Milcu, Michael Stevens, Saul Neves de Jesus (2019). *Modern research in psychology. Rethinking research collaborative*. Editura Universitară București.
- Marius Milcu, Michael Stevens, Saul Neves de Jesus (2018). *Mind, Body and Behavior: New trends and prospects in Health, Education and Social Sciences*. Editura Universitară București.
- Marius Milcu, Michael Stevens, Iris Dahl (2017). *Modern Research in Health, Education and Social Sciences. From Evaluation to Intervention*. Editura Universitară București.
- Marius Milcu, Saul Neves de Jesus, Juan Tobal (2016). *Prospecting interdisciplinarity in health, education, and social sciences: theory and practice*. Editura Universitară București.
- Marius Milcu, Margarida Gaspar de Matos, Ilie Puiu Vasilescu (2015). *Advanced Research in Health, Education and Social Sciences: Towards a better practice*. Editura Universitară București.
- Marius Milcu, Robert Wubbolding, Ines Testoni (2014). *Modern research in health, education and social sciences. Quantitative vs. qualitative research?*. Editura Universitară București.
- Marius Milcu, Julian Achim, Saul Neves de Jesus (2014). *Individuals, social and work groups, organizations: modern research in applied psychology*. Editura Universitară București.
- Marius Milcu, Hannes Krall, Peter Dan (2014). *Prospecting interdisciplinarity in health, education and social sciences*. Editura Universitară București.

- Milcu, M., Schmidt-Brasse, Ute, Westhoff, Karl, Milcu, Marilena, Grabovschi, Cristina (2011). *Prospecting advanced research in health, education and social sciences*. Editura Universitară, București.
- Milcu, M. (2010). *Modern research in psychology: quantitative vs. qualitative research?* Editura Universitară București.
- Milcu, M., Bronkema, Yazmin, Griebel, Wilfried, Sassu, Raluca (2009). *Modern psychological research. Trends and prospects. Quantitative research vs. qualitative research*. Editura Universitară București.
- Milcu, M. (2009). *Modern Research in Psychology: Trends and Prospects. Rethinking Applied Psychology*, Editura Universitară București.
- Milcu, M., Fischbach, A., Rafaeli, A., Schmidt-Brasse, U. (2007). *Modern psychological research. Trends and prospects*, Editura Universității „Lucian Blaga”, Sibiu.

## TABLE OF CONTENTS

<b>”MODERN RESEARCH IN PSYCHOLOGY” COLLECTION</b>	9
TABLE OF CONTENTS	11
INDEX OF AUTHORS	14
<b>Introduction</b>	18
<b>About the editors</b>	19
Marius Milcu	19
Michael Stevens	20
Saúl Neves de Jesus	21
Margarida Gaspar de Matos	22
<b>Marius Milcu. The evolution. The constant search for our own identity</b>	23
<b>Reviewer rating form</b>	29
<b>SECTION 1.</b>	
<b>I. ETHICS IN RESEARCH, PRACTICE, AND INNOVATION</b>	33
<b>Chapter I. Michael Stevens. National development as a determinant of codes of ethics</b>	35
<b>SECTION 2.</b>	
<b>LIFE QUALITY AND WELLBEING</b>	44
<b>Chapter II. Ester Câmara, Margarida Pocinho, Saúl Neves de Jesus. Positive psychology, wellbeing and meaning: reflections on promoting mental health within educational contexts in a post-pandemic scenario</b>	45
<b>Chapter III. Margarida Gaspar de Matos, Gina Tomé, Fábio Botelho Guedes, Ana Cerqueira, Tania Gaspar. Adolescent’s well-being: how much does well-being cost?</b>	52
<b>SECTION 3.</b>	
<b>CLINICAL AND HEALTH PSYCHOLOGY. PSYCHOTHERAPY</b>	60
<b>Chapter IV. Catarina Almeida, André Marques, Daniela Nogueira, Saúl Neves de Jesus, João Salgado. From empathy to emotion regulation: an intensive case study of emotion-focused therapy for depression</b>	61

<b>Chapter V. Nuno Rodrigues, Luís Sérgio Vieira, Saúl Neves de Jesus.</b> Evidence of the effects of physical activity on depression, anxiety, and stress: a literature review	79
<b>Chapter VI. Marta Rosa, Saúl Neves de Jesus, Carlos Fernandes Silva, Soraia Garcês.</b> The relationship between chronotype and creativity: a systematic literature review	98
<b>SECTION 4.</b>	113
<b>RESEARCH AND EDUCATION. EDUCATIONAL PSYCHOLOGY</b>	
<b>Chapter VII. Viorel-Beniamin Mih, Codruta-Alina Mih.</b> The effects of instructors' autonomy support on learning: a self-determination theory	114
<b>Chapter VIII. Teodora Milcu.</b> Student drop out: causes and consequences	127
<b>Chapter IX. Ion Negrilă.</b> Application of multimedia technologies in educational institutions	137
<b>Chapter X. Ion Negrilă.</b> “Musical therapy” as the main activity of a music teacher in working with children with disabilities	150
<b>Chapter XI. Dorin-Gheorghe Triff, Zorica Triff.</b> Perceptions of overstrain of the locomotor apparatus and the presence of disabilities of the arm, shoulder and hand in education and construction workers	155
<b>Chapter XII. Dorin-Gheorghe Triff, Zorica Triff, Mușata Dacia Bocoș.</b> Correlations of work capacity with locomotor apparatus ailments in pre-academic education workers	164
<b>SECTION 5.</b>	173
<b>CAREER AND WORKPLACE ISSUES.</b>	
<b>WORK AND ORGANIZATIONAL PSYCHOLOGY</b>	
<b>Chapter XIII. Sara Agrela, Graciela Sousa, Soraia Garcês, Margarida Pocinho.</b> The role of creativity in organizations and their post-pandemic life	174
<b>Chapter XIV. Vladimir-Aurelian Enăchescu.</b> Occupational stress among 112 Emergency Service personnel	181
<b>Chapter XV. Sergiu-Emil Pîrvulescu, Marius Milcu.</b> Influence of gender stereotypes on the hiring decision of female candidates in STEM jobs	188
<b>SECTION 6.</b>	199
<b>RESEARCH IN SOCIAL AND CULTURAL SETTINGS.</b>	
<b>SOCIAL PSYCHOLOGY</b>	
<b>Chapter XVI. Gabriela-Monica Assante.</b> Fostering altruistic behavior in young people: unveiling the role of critical consciousness	200

<b>Chapter XVII. Cláudia Carmo, Carolina Lopes, Francisca Cunha, João Antunes, Saúl de Jesus, Marta Brás.</b> How a perfectionist “looks” at stress?	210
<b>Chapter XVIII. Štefan Chudý, Bohdana Richterová, Hana Kubičková.</b> (In)equality as a key concept of social education	219
<b>Chapter XIX. Peter Dan.</b> Long Pandemic? How lasting are the psychosocial effects of the Pandemic?	228
<b>Chapter XX. Anamaria Radu, Adrian Brate.</b> Masculinity’s influence over the youth in The Covid-19 Pandemic - an international comparative analysis	239
<b>Chapter XXI. Gina Tomé, Cátia Branquinho, Adriano Almeida, Catarina Noronha, Tânia Gaspar, Lúcia Ramiro, Margarida Gaspar de Matos.</b> Intergenerational dialogue promoting youth-adult partnership and intergenerational equity and justice: a systematic review	251
<b>SECTION 7.</b>	264
<b>FORENSIC PSYCHOLOGY</b>	
<b>Chapter XXII. Nadina Darie.</b> Power dependence in the family and domestic violence	265

## INDEX OF AUTHORS

<b>AGRELA, Sara</b> University of Madeira/CIERL, Portugal	174
<b>ALMEIDA, Adriano</b> Aventura Social, Portugal	251
<b>ALMEIDA, Catarina</b> Center of Psychology at University of Porto (CPUP) & University of Algarve, Portugal	61
<b>ANTUNES, João</b> Psychology Research Centre (CIP), University of Algarve, Faculty of Human and Social Sciences, Department of Psychology and Educational Sciences, Portugal	210
<b>ASSANTE, Gabriela-Monica</b> <i>Alexandru Ioan Cuza</i> University, Faculty of Psychology and Educational Sciences, Educational Sciences Department, Iași, Romania	200
<b>BRÁS, Marta</b> Psychology Research Centre (CIP), University of Algarve, Faculty of Human and Social Sciences, Department of Psychology and Educational Sciences, Portugal	210
<b>BRATE, Adrian</b> Center for Psychological Research, Department of Psychology, <i>Lucian Blaga</i> University of Sibiu, Romania	239
<b>BOCOȘ, Mușata Dacia</b> Babes-Bolyai University of Cluj-Napoca, Faculty of Psychology and Educational Sciences, Romania	164
<b>BRANQUINHO, Cátia</b> Instituto de Saúde Ambiental (ISAMB), Universidade de Lisboa, Portugal	251
<b>CÂMARA, Ester</b> Research Center for Tourism, Sustainability and Well-being of University of Algarve (CinTurs), University of Algarve, Portugal	45
<b>CARMO, Claudia</b> Psychology Research Centre (CIP), University of Algarve, Faculty of Human and Social Sciences, Department of Psychology and Educational Sciences, Portugal	210

<b>CERQUEIRA, Ana</b> FMH/Universidade de Lisboa, ISAMB/Universidade de Lisboa, Portugal	52
<b>CHUDÝ, Štefan</b> Department of Social Education, Faculty of Education University of Ostrava, Olomouc, Czech Republic	219
<b>CUNHA, Francisca</b> Psychology Research Centre (CIP), University of Algarve, Faculty of Human and Social Sciences, Department of Psychology and Educational Sciences, Portugal	210
<b>DAN, Peter</b> Long Island University, U.S.A.	228
<b>DARIE, Nadina</b> University of Pitesti, Romania	265
<b>ENĂCHESCU, Vladimir-Aurelian</b> The Bucharest University of Economic Studies, Romania	181
<b>GARCÊS, Soraia</b> University of Madeira & Research Center for Tourism, Sustainability and Well- Being, University of Algarve, Portugal	98, 174
<b>GASPAR, Tania</b> Universidade Lusófona, ISAMB/Universidade de Lisboa, Portugal	52, 251
<b>GUEDES, Fábio Botelho</b> FMH/Universidade de Lisboa, ISAMB/Universidade de Lisboa, Portugal	52
<b>De JESUS, Saul Neves</b> Research Center for Tourism, Sustainability and Well-being of University of Algarve (CinTurs), Faculty of Human and Social Sciences, Portugal	21, 45, 61, 79, 98, 210
<b>KUBÍČKOVÁ, Hana</b> Department of Social Education, Faculty of Education University of Ostrava, Olomouc, Czech Republic	219
<b>LOPES, Carolina</b> University of Algarve, Portugal	210
<b>MARQUES, André</b> University of Maia, Portugal	61
<b>De MATOS, Margarida Gaspar</b> ISAMB/Universidade de Lisboa, Portugal	22, 52, 251

<b>MIH, Codruta-Alina</b> Babeş-Bolyai University, Cluj-Napoca, Romania	114
<b>MIH, Viorel-Beniamin</b> Babeş-Bolyai University, Cluj-Napoca, Romania	114
<b>MILCU, Marius</b> Center for Psychological Research, <i>Lucian Blaga</i> University of Sibiu, Romania Association for Qualitative and Intercultural Studies in Psychology Sibiu, Romania	18, 19, 23, 188
<b>MILCU, Teodora</b> West University of Timișoara, Romania <i>Lucian Blaga</i> University of Sibiu, Romania Association for Qualitative and Intercultural Studies in Psychology Sibiu, Romania	127
<b>NEGRILĂ, Ion</b> <i>Transylvania</i> University of Brasov, Romania	137, 150
<b>NOGUEIRA, Daniela</b> University of Maia, Portugal	61
<b>NORONHA, Catarina</b> Aventura Social/ FMH/Universidade de Lisboa, Portugal	251
<b>PÎRVULESCU, Sergiu-Emil</b> <i>Lucian Blaga</i> University of Sibiu, Romania	188
<b>POCINHO, Margarida</b> Research Center for Tourism, Sustainability and Well-being of University of Algarve (CinTurs), University of Madeira, Portugal	45, 174
<b>RADU, Anamaria</b> <i>Lucian Blaga</i> University of Sibiu, Romania	239
<b>RAMIRO, Lúcia</b> Instituto de Saúde Ambiental (ISAMB), Universidade de Lisboa, Portugal	251
<b>RICHTEROVÁ, Bohdana</b> Department of Social Education, Faculty of Education University of Ostrava, Olomouc, Czech Republic	219
<b>RODRIGUES, Nuno</b> Academic Sports Association Office, Research Center for Tourism, Sustainability and Well-being, University of Algarve, Portugal	79



<b>ROSA, Marta</b> Faculty of Human and Social Sciences, University of Algarve, Portugal	98
<b>SALGADO, João</b> University of Maia, Portugal	61
<b>SILVA, Carlos Fernandes</b> Department of Education and Psychology, Researcher in William James Center for Research, University of Aveiro, Portugal	98
<b>SOUSA, Graciela</b> <sup>1</sup> University of Madeira/CIERL, Portugal	174
<b>STEVENS, Michael</b> Illinois State University, USA Critical Assessments, Forked River, New Jersey, USA	20, 35
<b>TOME, Gina</b> FMH/Universidade de Lisboa, ISAMB/Universidade de Lisboa, Portugal	52, 251
<b>TRIFF, Dorin-Gheorghe</b> Technical University of Cluj-Napoca, North University Center from Baia Mare, Romania	155, 164
<b>TRIFF, Zorica</b> Technical University of Cluj-Napoca, North University Center from Baia Mare, Romania	155, 164
<b>VIEIRA, Luís Sérgio</b> Centre for Research in Psychology, Faculty of Human and Social Sciences, University of Algarve, Portugal	79

## INTRODUCTION

The last years of our lives and professional sphere brought to our attention a certain type of events which, awhile back, we could not even anticipate. A whole world stopped, went completely out of order and eventually found it's way back but not without heading into new unpredictable and uncontrollable new directions. Communities and institutions, groups and individuals, societies in their entirety were confronted with certain problems and difficulties to which an explanation or a resolution were either too far in the future or too hard to implement.

In the end, following numerous trials and errors, came solutions, strategies, plans, procedures and certain methodologies, after which all the available instruments were used to implement these certain solutions, finally being able to work towards resolving and ending all these unexpected problems and difficulties.

In the course of these general efforts, the whole world changed, and we followed it. Mindsets, beliefs, ideas, values, perceptions and attitudes, all these changed, therefore lots of resources and efforts to adapt were required from every single one of us.

As professionals in this difficult and heterogenous field, we became forced to acquire new knowledge, develop brand new abilities and competences through which we could eventually face our current professional challenges.

While being in permanent contact with our clients, either face to face or online, we discovered within them a certain state of mind, characteristic to the crisis that was being lived. This state of mind involved visibly modified behaviours and unsuspected vulnerabilities, most of which became harder and more difficult to get to the bottom of during our daily, practical activities. In this particular context, new currents and tendencies in pandemic and post-pandemic psychology eventually emerged, forcing the already existent ones to recalibrate, therefore developing more appropriate methods and strategies in symptomatology and specific disorders.

This, therefore, is the general context in which we hope all of our efforts and our new publication can establish a presence and a foothold in.

Marius Milcu, PhD  
The *Lucian Blaga University* of Sibiu, Romania  
Department of Psychology, Center of Psychological Research  
Association for Qualitative and Intercultural Studies in Psychology

## ABOUT THE EDITORS

### MARIUS MILCU, PhD



- Assistant professor - *Lucian Blaga* University of Sibiu, Romania.
- Director - Centre of Integrated Services for Students SmartHub (Psychological counselling, career counselling, intercultural counselling, ALUMNI) - *Lucian Blaga* University of Sibiu, Romania.
- Director - Centre for Psychological Research (*Lucian Blaga* University of Sibiu, Romania).
- Coordinator of the master's program in clinical forensic psychology.
- Organizer and chairman of many conferences (national and international level).
- Private practice in psychology: Clinical psychology, work and organizational psychology, military psychology.

Dr. Milcu is the Director of the Association for Qualitative and Intercultural Studies in Psychology, Sibiu, Romania. He is managing the *Modern Research in Psychology* Collection, including 35 books / conference proceedings.

He has experience in working in an European dimension, working in various research teams and teaching courses in suicide prevention, stress and trauma, work pathology, organizational conflict, psychological assessment, and criminal groups.

Dr. Milcu is interested in psychological assessment, interpersonal competition and conflict, groups dynamics, juvenile delinquency, welfare, justice and psychosocial interventions.

Dr. Milcu conducted various workshops in clinical and health psychology, work and organizational psychology, forensic psychology, military psychology.

Marius Milcu, PhD  
The *Lucian Blaga* University of Sibiu, Romania  
Department of Psychology, Center of Psychological Research  
Association for Qualitative and Intercultural Studies in Psychology

**MICHAEL STEVENS, PhD, DHC, LHD**



directed the master's program in counseling psychology and was named Outstanding University Researcher.

Dr. Stevens holds honorary doctorates from The Lucian Blaga University, The Ovidius University, and The Chicago School of Professional Psychology. He is also Past-President and Fellow of the APA's Division of International Psychology and received its Outstanding International Psychologist award. Dr. Stevens was named an honorary professor at The Lucian Blaga University, where he completed a Fulbright grant. He has also been a visiting professor at The Ovidius University, The Stefan cel Mare University, and St. George's University in Grenada.

Michael Stevens is a professor emeritus of psychology at Illinois State University, where he

Since retiring from Illinois State University, Dr. Stevens has been an external consultant and adjunct professor with The Chicago School of Professional Psychology's International Psychology Department. He has also taught courses in psychological assessment for The Ovidius University and psychotherapy for The Stefan cel Mare University as well as conducted workshops on diverse clinical topics for the Association for the Study of Qualitative and Intercultural Psychology at The Lucian Blaga University.

Dr. Stevens is also a licensed clinical psychologist with Critical Assessments, conducting psychological screenings and substance abuse evaluations for commercial nuclear power plants throughout the East and Midwest regions of United States.

Dr. Stevens' research interests include the psychological causes and outcomes of such contemporary global problems as terrorism and national security; freedom, democracy, and political engagement; and peace and reconciliation. Dr. Stevens is also interested in sociocultural factors that influence the evolution of ethics code in psychology, the internationalization of psychology education and training, and societal conditions that advance or impede the vitality of psychology as a science and applied practice.

When not working, Dr. Stevens enjoys classical music, gardening, baseball, fine dining, and, most of all, time with his family.

Michael Stevens, PhD, DHC, LHD  
Professor Emeritus, Illinois State University  
Honorary Professor, The *Lucian Blaga* University of Sibiu  
Past-President, APA Division of International Psychology

## SAÚL NEVES DE JESUS, PhD



Full Professor of the University of Algarve (UAlg), Portugal.

Currently, he is the Director of the PhD in Psychology at UAlg, the Coordinator of the Board of the Portuguese Psychology Forum, and the National Representative of Portugal in the Stress, Trauma, Anxiety, and Resilience Society” (STAR).

Previously, he also had experience in organizational management positions, namely as Vice-Rector of the University of Algarve, Head of the Faculty of Human and Social Sciences, Chairman of the Pedagogical Council of the Faculty, President of the Scientific Council of the Faculty, Director of the Department of Psychology, Director of the Graduation in Psychology, Director of the Master in Health Psychology, and Director of the Research Center in Psychology, coordinating the research group “Well-being in Society”

In academic terms, he reached the top of his academic career quite young, therefore being a Full Professor of Psychology in the University of Algarve since 2003.

He has supervised postdocs of colleagues from several countries, and has already supervised 49 successfully completed doctoral theses.

He has published some scientific books and more than three hundred scientific articles in peer-reviewed journals, namely indexed in Scopus and/or the Web of Science, most of them about stress, coping, emotions, and health topics.

He has participated as a member of the Psychology Panel for the attribution of doctoral and post-doctoral grants at FCT, having already been Panel Coordinator, as well as in Committees for the Evaluation of Psychology graduations, masters and PhDs in the Portuguese universities, by A3ES, where he has already performed the functions of President of CAE.

He has already obtained several national and international awards and distinctions, namely the “APP Prize for Psychological Research Career (2019)” (Prize for the best research career in Psychology in Portugal, awarded over three years by the Portuguese Psychology Association - APP).

Saúl Neves de Jesus, PhD  
Full Professor of Psychology  
Director of the PhD in Psychology  
University of Algarve, Portugal

**MARGARIDA GASPAR DE MATOS, PhD**



- Full Professor at University of Lisboa / ISAMB.
- Group Leader G2 (Supportive Environments) do ISAMB / Instituto de Saúde Ambiental (Institute of Environmental Health) da Faculdade de Medicina da Universidade de Lisboa.
- External International Expert University of Galway (NUI Galway).
- OPP Representative at Board Promotion and Prevention / EFPA.
- Steering Committee / CAPH / EUPHA.
- Member of the Scientific Committee at EMCDDA.

- Coordinator of the "Planetary Health" Group, Health Behaviour School Aged Children/ WHO
- Coordinator of the TaskForce for Behaviour Sciences during the COVID-19 pandemics – Prime Minister Office/ 2021
- Extensive experience supervising PhD dissertations, and Coordinating national and international research projects.
- Extensive record of international scientific publications

Margarida Gaspar de Matos, PhD  
Full Professor of International Health  
Coordinator of the G2 (Supportive environments)  
at ISAMB / Institute of Environmental Health  
University of Lisbon, Portugal

## **THE EVOLUTION. THE CONSTANT SEARCH FOR OUR OWN IDENTITY**

**Marius Milcu**

Center of Psychological Research, Department of Psychology,  
*Lucian Blaga* University of Sibiu, Romania  
Association for Qualitative and Intercultural Studies in Psychology, Sibiu, Romania  
marius.milcu@ulbsibiu.ro

### **EARLY BEGINNINGS**

Back in 2007, along with a small group of colleagues and collaborators, we started to consider organising a scientific and professional conference regarding social and human sciences. In spite of the fact that we, at start, had very small funds, we had a substantial amount of trust and confidence and we were also armed with the support and enthusiasm of our students. With the help of all that, we managed to create a very promising organising plan (the first plan of all those that followed during the next years) and, almost unexpectedly, we managed to set up the final dimensions of the conference.

After launching the final announcement, we waited. To everyone's surprise, including the organisers', the first people started to sign up to attend the conference. At first, they weren't very numerous, but soon many more followed and the sign ups started transforming and becoming more constant and stable.

The first 647 participants who were present at the first edition of our conference offered us a lot more trust and confidence and power so we managed to organise this conference each and every year.

### **BACKGROUND**

Over a century ago, psychology took a decisive step in its evolution, breaking away from the mother-philosophy and developing its own research field, its own conceptual and methodological machinery. The young science was thus trying to become non-speculative, practical, applied, going slowly towards a new occupational axis: observation, analysis, intervention, improvement as far as psycho-behavioural, social or organizational processes and phenomena are concerned.

At the beginning of the 21<sup>st</sup> century, psychology introduces itself as a matured, adaptable, particularly diverse science, bearing a great number of branches and sub-branches, carrying great and obvious impact on modern man, on groups and organizations, on society as a whole. Psychology is visibly going through a stage of scientific development, of enrichment concerning the conceptual system, of diversification of the kit of methods, instruments and work techniques.

Nowadays psychological research plays an essential part, outlining and revealing new human and social horizons. By integrating in a way proper to its means a mixture of instruments and techniques of investigation and intervention, psychological research becomes the primary force of modern psychology, a truly vanguardist element. In this framework, it is our belief that organizing a scientific event dedicated to research in psychology would be most welcome.

## **TARGETS OF THE CONFERENCE**

- Our primary target includes the gathering of specialists, of highly skillful practitioners in the field, with a view to exchanging information. We aim at providing specialists with the opportunity to present their work, to reveal their latest research methods and instruments, to achieve intensive informational exchange, to the benefit of all taking part, as well as of psychology as a whole.
- The purpose of this conference is to tackle practical, methodological aspects of health, education and social sciences (psychology, sociology, pedagogy, medical sciences, etc.), stemming from current research and its methodological, ethical, social, and cultural ramifications. We therefore aim to avoid purely theoretical, speculative activities, and organize instead practical, applied activities (workshops, debates), starting from topics of particular interest in field.
- Since the future of the profession lies in the hands of current students, our event will include a special section dedicated to our future colleagues. Our purpose is to facilitate the contact between students and highly praised specialists, to accustom them to the relevant topics of modern research, to raise up the quality standards within training process, to contribute thus to the shaping of specialized knowledge and the enhancement of the experience of the students involved. Students will therefore benefit from specific scientific events, where they can reveal their own research work and projects, from round tables, trainings and workshops dealing with particularly interesting topics, all under the supervision of acclaimed specialists from various branches of psychology.
- The city of Sibiu was nominated, for 2007, alongside with Luxemburg, as an European Cultural Capital. Thus becoming one of the bridges through which Europe will come to know Romania. The enlargement of the E.U. is likely to encourage the informational exchange between specialists, to promote the cultural, scientific, civic values under the auspices of the new 21<sup>st</sup> century.

## **WHAT'S NEXT? LOOKING FOR OUR OWN IDENTITY**

At this very moment we situate ourselves at the 15<sup>th</sup> edition of our conference. It obviously suffered, as expected, changed regarding the organisation, the public, the topics and the professions we are targeting. Step by step, we managed to extend our area of interests, so that right now the conference gained a multidisciplinary aspect, allowing interactions between prestigious specialists coming from many more fields than before.

More than that, along the years, the conference changed its very own title. Here are just a few examples:

- Modern Psychological Research. Trends and Prospects;
- Modern Psychological Research. Quantitative vs. Qualitative Research;
- Modern Research in Psychology. Prospecting advanced Research in Health, Education and Social Sciences;
- Modern Research in Psychology. Modern Research in Health, Education and Social Sciences;
- Modern Research in Psychology. Prospecting Interdisciplinarity in Health, Education and Social Sciences: Theory and Practice;
- Modern Research in Psychology. Rethinking research collaborative;
- Modern Research in Psychology. The psychology of pandemics: new trends and prospects.



Today, we can easily say that organising this conference became a tradition. Our conference is known and highly appreciated by the thousands of the participants from all over the World who honoured us with their presence.

### **TERMS OF ATTENDANCE**

The event we are organizing is exclusively devoted to practical, applied, methodological issues in health, education and social sciences, connected to current research and its methodological, ethical, social, cultural implications. This is the main reason why we want to avoid theoretical, speculative activities. We are mainly interested in organizing practical, applied activities (workshops, debates), starting from topics of particular interest to the field of health, education and social sciences (psychology, sociology, pedagogy, medical sciences, etc.). Pares that have been already published in various magazines or presented at other scientific events can not be presented during scientific communication sessions.

### **CONDITIONS OF PARTICIPATION WITH SCIENTIFIC PAPERS**

The event is available to all professionals interested in the proposed topics, with a BA in health, education and social sciences (psychology, sociology, pedagogy, medical sciences, etc.) or not, as well as to those enrolled in various forms of education (MA, or doctoral students).

### **WHAT'S NEXT?**

After a fifteen years of evolution, we aim to new objectives:

- diversifying our professional offer in the international conferences' market;
- enlarging the addressability zone of the conference by attracting specialists from many more areas and domains;
- becoming more active regarding the relationships between our partners and collaborators.

## **SCIENTIFIC SECTIONS**

### **SECTION I. ETHICS IN RESEARCH PRACTICE AND INNOVATION**

- **Research design and data analysis**
- **Cross-cultural research**
- **Immigration issues**

### **SECTION II. LIFE QUALITY AND WELLBEING**

- **Culture and health**
- **Health promotion in society**
- **Traditional and modern approach in health assurance**
- **Assessing the life quality**

### **SECTION III. CLINICAL AND HEALTH PSYCHOLOGY. PSYCHOTHERAPY**

- **Personality and health**
- **Illness perception**
- **Managing illness**
- **Family and health**
- **Occupational health**

### **SECTION IV. RESEARCH AND EDUCATION. EDUCATIONAL PSYCHOLOGY**

- **Research for Lifelong Learning**
- **Research and education for entrepreneurship**
- **Curricula design for education**
- **Strategies for quality improvement in education**
- **Social and public responsibility in modern education**

**SECTION V.  
CAREER AND WORKPLACE ISSUES.  
WORK AND ORGANIZATIONAL PSYCHOLOGY**

- **Aging in workgroups / organizations**
- **Health promotion in workgroups / organizations**
- **Balancing personal and professional life**
- **Self-regulation and affirmation**
- **Knowledge and skills. Performance and dynamic competence in workgroups and organizations**
- **Coping with dysfunctional people or groups**
- **Stress and emotions**
- **Risk perception in work places**
- **Communication. Social change**
- **Organizational culture**
- **Rules, regulations and values in organizations**
- **Social support, coping and wellness**
- **Innovation and creativity**
- **Leadership competences**

**SECTION VI.  
RESEARCH IN SOCIAL AND CULTURAL SETTINGS.  
SOCIAL PSYCHOLOGY**

- **Research design and data analysis**
- **Cross-cultural research**
- **Immigration issues**
- **Individuals and groups**
- **Interpersonal relationship**
- **Group behaviour**
- **Intergroup relations**
- **Norms and values**
- **Social discrimination and stereotypes**

**SECTION VII. FORENSIC SCIENCES AND CRIMINAL INVESTIGATION.  
FORENSIC PSYCHOLOGY AND PSYCHIATRY**

- **Criminal personality**
- **Criminal behaviour**
- **Civil disputes**
- **Criminal laws**
- **Government regulations**

- **Public health protection**
- **Criminal groups**

**SECTION VIII.  
MISCELLANEOUS ...**