

Newsletter Research

No.7

May 2015

Dear colleagues, dear students,

Research Newsletter number 7 starts with a report about the research meeting dated 12th May 2015, in which Miran Mozina participated on behalf of SFU Ljubljana via Skype this time. I hope that for the upcoming academic year the technical pre-requisites will be available in order to enable the participation of all SFU branches, of course in particular of the respective research fellows.

Naturally, some of the Research Newsletter's contents relate to the SFU Vienna, such as the new Outpatient Study and the new Students' Research Services. Aiming at the establishment of collaborative research among the SFU branches, I am looking forward to receiving research related contributions from all our branches for the next Newsletter. Certainly, both research fellows and all other collaborators are kindly invited to submit contributions, announcements, general information on research projects, or any other research related topics.

Very encouraging is the development of publication demonstrating a vivid publication activity already for the first four months of 2015. It may perhaps be even more vivid than visible at this point, considering some possibly pending publication messages. Kindly take this information as a reminder for submission, which is likewise required for new research projects and to be addressed to the Vice-Rector Research!

My objective is to establish the technical requirements for the purpose of communication and collaboration in research matters. I hope to provide associated good news no later than in the next Newsletter.

Brigitte Sindelar - Vice-Rector for Research

(This Newsletter was translated by Christian Heftberger, the new assistant of Vice Rectorate Research)

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1 Report on the Research Meeting dated 12th May 2015

List of participants (in alphabetical order):

Christoph Bendas, BSc., DDr. Karl Golling, Univ.-Doz. Dr. Kurt Greiner,
Univ.-Prof. Dr. Giselher Guttmann, Mag. Katharina Hametner, Dr. Stefan Hampl,
Dr. Martin Jandl, Martin Link, BSc., Dominik Stephan Mihalits, BSc., Dr. Kathrin Mörtl,
Mag. Miran Mozina (via Skype), Dr. Anita Dietrich-Neunkirchner, Mag. Eva Pritz,
Univ.-Prof. DDr. Bernd Rieken, Univ. Doz. Dr. Brigitte Sindelar,
Univ.-Doz. Dr. Stephan Steiner, Dr. Amrei Zopf-Jörchel, Irina Zamfirescu, BSc.

1.1 Development of Online-Journals: „SFU Research Bulletin/Research Bulletin“ and „Zeitschrift für freie psychoanalytische Forschung und Individualpsychologie“

Dominik Mihalits reports on the development of SFU-driven online-journals (SFU Research Bulletin and Zeitschrift für freie psychoanalytische Forschung und Individualpsychologie):

Royalty payments

Contracts were concluded with collecting societies Literar Mechana (Austria) and VG Wort (Germany). For utilization via VG Wort a mandatory counter system was implemented. VG Wort requires a minimum rate of 1500 calls in Germany (this number will be re-announced annually) in order to generate financial compensation. Single browser sessions count as access – whereas multiple accesses to a text within one session are counted once. In order to use the services of VG Wort, authors have to conclude a collection agreement. Each author will be informed about the required procedure via e-mail along with the publication of her/his articles/papers. Detailed information on that topic has been provided in „Newsletter Research 6“.

Impact factors

There is an option to apply for an impact factor with Thomson Reuters. (Thomson Reuters is a media company providing „intelligent information“, including scientific studies to „decision makers“ (e.g.: companies, economy, and politics)). The technical requirements for receiving an impact factor are meanwhile satisfied by our Online-Journals. However, Thomson Reuters accepts only 12 % of the journals applying for an impact factor. Furthermore, Thomson



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Reuters reserves the right to examine the content on an annual basis, and requests proper planning of at least two editions of the journal in advance prior to the first issue of an impact factor. Both the SFU Research Bulletin and Zeitschrift für freie psychoanalytische Forschung und Individualpsychologie will comply also with this requirement within the next months.

The number of submissions for publication in the Research Bulletin increases continuously, and a long-term organization of the journal is now predictable and can be planned accordingly.

Alternatively to the Thomson Reuters solution the registration of a second impact factor on Google Scholar is envisaged. In this case, the ID of the article is retrieved by means of a crawler (automated software). The implementation based on Google Scholar is in the final stage, and it is assumed that the full implementation will be completed by end of July.

Online-Submission-System for increasing efficiency

An online-submission system for authors and reviewers was established for the Research-Bulletin. In the absence of an associated budget, a free-ware was selected complying with the minimum requirements after an appropriate enquiry. The selected product allows minor adaptations. The introduction of an online-submission-system proved to be necessary to increase efficiency. Addressing submissions via e-mail, such as queries for completion of manuscripts, and transmissions to reviewers turned out to be increasingly time consuming with respect to staff involvement.

Reviewers and authors can access the site dedicated to manuscript-submissions at any time. From now on, there is a window available named „Online Submission“ on the Research Bulletin’s page (forschungsbulletin.sfu.ac.at).

SFU Research Bulletin ISSN 2308-0795

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The Research Bulletin of the Sigmund Freud Private University, Vienna

- Deutsch
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By clicking on this button a page is opening on which via the link "Manuscript Submission", the following, additional page (destination page) will appear:

Online Submission

Dear author

Please use our [online submission system](#) for submitting your article. Please, observe that you have to register as "writer" before submitting!

(by activating this link you are leaving the site of Research Bulletin)

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Once authors have registered on this page via clicking on the "Writer SignUp" button, permanent accessibility for the purpose of article submission is granted. Upon request for review editors receive an e-mail from the publisher with personalized access data and can register under "Publishers Login".

For the time being, the submission and review process of the journal "Zeitschrift für freie psychoanalytische Forschung und Individualpsychologie" continues to be performed manually.

1.2 Reporting: Publications and research projects of SFU academic staff

Despite its mandatory nature and regular reminders by e-mail, the reporting process of publications is not functioning in a sufficiently satisfactory manner, in terms of completeness



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Contingent upon approval by the Rector and Budgeting an improved and more professional system for reporting will be elaborated. The objective is also to make publications of SFU Vienna and all our branches accessible and usable for the whole staff, both for scientific purposes and the listing of the annual reports to the Authority.

1.3 Presentation of research projects

Along with the research meeting individual research projects and research plans were presented and designated:

Empirical study on adolescents' mobbing and cyber-mobbing.

Brigitte Sindelar, Christoph Bendas

This study was presented at the Congress of the German Society for Children and Adolescent Psychiatry („Kongress der Deutschen Gesellschaft für Kinder- und Jugendpsychiatrie“) in the form of a lecture (Sindelar) as well as a poster presentation at the Psychiatry Congress in Gmunden (Bendas). The poster was awarded at the Congress in Gmunden as one of the three best posters.

The publication is in preparation.

Christoph Bendas is presenting the empirical results.

See the awarded poster below:

(Find the English translation in chapter 7 - Congress report, p. 32):



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But first, let me take a Selfie

Christiane Eichenberg, Christoph Bendas

The empirical study will examine:

whether there is an indication for such people posting more than three “Selfies” per day in social networks having narcissistic, histrionic or insecure personality traits or respectively special abnormalities with regard to the “Big Five”.

A for this research performed short screening focusing on the behavior and posting of “Selfies” in social networks combined with items of PSSI and Neo-FFI shall be – suitable to the topic – posted in social networks. The study will be carried out in two steps. Step one comprises an online-survey followed by first data analyses (N=200). In step two the questionnaire will be distributed to a less self-selective sample of pupils and students in Vienna, striving for a sample of N=500. As far as the second part of the study is concerned, a request for funding will be submitted to the City of Vienna.

Primary prevention through psychotherapy based pedagogy

Brigitte Sindelar

The project was conducted at a religious school in Vienna with a run-time of one school year, where children and teachers are facing specific challenges:

- Increased workload due to an expansion of the syllabus to religious contents.
- Increased demands with respect to the acquisition of written language by learning of two in character and phonemic structure completely different written languages, whereas the German language is not the first language for most of the children.
- Elevated requirements on social skills due to pupils’ ethnical diversity, as 90 percent of the children come from families with migration background, resulting in a higher demand on adaptation capacity, and the ability to take on social perspectives, as part of the for primary school level appropriate developmental task of integration in the group as a learning and working Community.

At the start of the school year, standardized tests were performed with the children with respect to reading, spelling and calculating performance, motivation, self-esteem, and aggressive behavior. These tests were repeated at the beginning of the following school year. An external project team performed the testing (Mag.^a Dorit Maria Hejze, Mag.^a Vivien Kain, Mag.^a Tania Liska, Dominik Mihalits, BSc, and Christoph Bendas, BSc).



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During the school year psychotherapists with special expertise in children and adolescent psychotherapy (individual psychology, graduates from SFU: Mag.^a Dorit Maria Hejze, and Mag.^a Vivien Kain) held supervisory sessions with the teachers. The school's management team made use of the possibility of supervision with the project manager.

Throughout the project supervisors neither have worked directly with the children nor provided any additional learning assistance or timely extended classes. Support was provided exclusively by means of education and supervision of the teachers, to an extent of eight to nine sessions, one and a half hour each per class, hence an annual extra time for the teachers between 12 and 13.5 hours.

The results of the control-tests verify the efficiency of the interventions set during the school year, where in particular positive changes of the children's spelling performance are remarkable. The score for aggressive behavior has significantly declined. A significant to highly significant increase in calculating, reading and spelling performance has been achieved.

Compared to the quantifiable success of these interventions, which follows the guideline "Psychotherapy supported pedagogy", the time required from 12 and 13.5 hours respectively, is considered as low for the class throughout a school year. This further training and supervision activities were identified as efficient intervention strategies with an optimal proportion of cost versus benefit.

It should be noted that this project was funded by private third-party funds after rejection by the Psychotherapy Research Centre GÖG (Gesundheit Österreich GmbH) and the Integration Fund.

News from Disaster Research

Bernd Rieken

Bernd Rieken reports on the congress „Narrating about catastrophes“, which was organized by the „Kommission für Erzählforschung Deutschland“. In the course of the congress psychotherapeutic approaches were discussed. Interviews were held with persons affected by the avalanche catastrophe of Blons in the “Grosses Walsertal” in order to understand how affected people deal with those traumatising experiences.

Currently three dissertations are in progress on the following topics of Disaster Research:

- The Mining disaster in Lassing
- Storm surge on the islets “Hallingen”
- Earthquake in California



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Book project: The psychotherapist in movies

Bernd Rieken

Furthermore, Bernd Rieken reports about a book project that he is currently undertaking together with Univ.-Doz. Dr. Martin Poltrum and Univ.-Prof. Dr. Alfred Pritz. Content of the book will be the illustration of psychotherapists and psychiatrists in features.

Home Violence

Miran Mozina

Miran Mozina (via Skype; and using the private equipment provided by research assistants Dominik Mihalits and Christoph Bendas, and Dominik Mihalits' technical know-how. Many thanks again for your support!)

The SFU Vienna is invited to make a submission on an EU project called "Home Violence" (domestic violence, in particular with regard to the relationship patterns in various aspects). It is planned to complete this project in cooperation with the Slovenian publisher Beletrina and the University of Zagreb. Deadline for submission is 3rd June 2015 and Miran Mozina, SFU Ljubljana, the University of Zagreb and the publisher Beletrina will initiate the submission. During the meeting with Miran Mozina a decision is taken that the SFU Vienna will cooperate as partner (in alphabetical order: Katharina Hametner, Kathrin Mörtl, Brigitte Sindelar, and Erzsebet Toth, who was not able to attend today's meeting due to illness, but had expressed her interest already in advance).

Visual image interpretation of Euro banknotes

Stefan Hampl is currently working on an image interpretation of Euro banknotes

Visual image interpretation of St. Georges'-myth

Stefan Hampl and Dominik Mihalits are working together on a visual image interpretation of St. Georges'-myth from a psychoanalytical perspective with focus on aggression and sexuality.

Reprocessing of the Austrian psychologist Gottfried Ichheiser's biography and writings

Amrei Zopf-Jörchel



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Migration Project „Integration Revisited“

Katharina Hametner

Discourse analysis and analysis of the everyday practise of affected people. As part of this project topics and supervision for Bachelor papers will be offered.

Future-psychology

Giselher Guttmann reports on Thomas Druyen's main research focus:

Future-psychology: On behalf of a major international insurance company, young people's attitude and expectation towards their future and retirement are examined.

Gypsies in the Habsburg empire

Stephan Steiner is working on a project focusing on the history of gypsies in the Habsburg empire.

Depression and Social Anxiety Disorder online: Internet Gaming Disorder as a maladaptive coping style

(Mario Lehenbauer-Baum reports on that research project prior to the research meeting.

Information is displayed on our Research website)

The project was submitted to the Erwin-Schrödinger-Förderprogramm des FWF.

Project description

The proposed project aims at contributing to diagnostic criteria for Internet Gaming Disorder (IGD). In two studies, it observes IGD in connection with depression and social anxiety disorder and examines maladaptive online coping strategies. In a first study, an English and German questionnaire assessing Internet Gaming Disorder (distinct from depression and social anxiety disorder) in respect of (non-problematic) engagement and (problematic) behavioral addiction will be developed. This questionnaire will be evaluated in a multinational second study. At the moment, there is no questionnaire in both German and English available; the project is an international milestone in the development of a new assessment tool for IGD and will boost basic research regarding Internet Gaming Disorder in Vienna/Austria. The implications of the proposed project go far beyond a research towards classification criteria of IGD; it also impacts evidence-based assessment and treatment of users suffering from IGD and depression or SAD. The results will provide insights whether or not the use of online games is a maladaptive coping strategy for users suffering from depression or SAD.



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Project management

Mag. Dr. Mario Lehenbauer-Baum

Partners

Prof. Dr. Judy Garber, Vanderbilt University, Nashville, Tennessee, USA

Status of the project

To be submitted shortly (currently reviewed by partners)

Planned launch

August/September 2015- to July/August 2017

1.4 Optimization of internal networking in research matters

Kathrin Mörtl suggests that communication on projects is intensified. For new projects, the project manager would contact colleagues having expertise in the specific research area. Brigitte Sindelar encourages in this context and with this objective the establishment of an internal platform for exchanging information that will be of increasing relevance, in particular with regard to cooperation with the branches.

2 Call for support with the new Outpatient study

Dr. Kathrin Mörtl informs:

Title of the study: Corrective-emotional experience in psychotherapy

The study started in April 2015. Once patients have completed their treatment, we interviewed them about their experience with respect to the therapy in the outpatient clinic in Vienna.

FOR THIS PURPOSE, WE NEED YOUR SUPPORT REGARDING THE INVITATION OF PATIENTS.

You are the key persons for us to know, which therapies were completed recently or are in the final stage. **We need your support to invite patients for an interview!**

The study presented here can only be achieved with support. We would appreciate your assistance by announcing when a therapy is completed. For every patient you



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are inviting and who actually participates in an interview you will receive financial recognition. The research budget is supposed to benefit all contributors of the study:

**YOU WILL RECIEVE EUR 20 FOR EVERY SUCCESSFULLY ESTABLISHED CONTACT.
PATIENTS RECIEVE EUR 20 COMPENSATION FOR THEIR PARTICIPATION IN THE INTERVIEW.**

It is an open interview. We will ask patients about their experience (e.g.: How have your personal relationships changed by therapy? Which interventions turned out to be helpful? Which were surprising moments in therapy?). We are not interested in measuring therapeutic competence or success of the therapy! We are curious how patients perceive and experience changes in their life. Interviews are carried out at SFU or SFU outpatient clinic, and take about 45 minutes each.

If therapy is to be completed within the next one to four weeks, kindly speak to her/him about the study and provide following explanation:

- Duration of the interview: about 45 minutes
- The interviewer will ask questions about personal experience in therapy. The interview is highly confidential and must not be discussed with therapists or the outpatient clinic. Only the research team has insight into the information
- A compensation of EUR 20 will be granted for participating in an interview.
- Does the patient wish to be contacted via mail or phone by the interviewer for the purpose of making an appointment?
- Precise information concerning the study will be provided at the interview. There will also be time and opportunity for asking study-related questions.

If you require any further information, do not hesitate to contact Dr. Kathrin Mörtl anytime, who assumes the main responsibility for the study, at SFU Vienna (Freudplatz 1, 1020 Wien):

Dr. Kathrin Mörtl (kathrin.moertl@sfu.ac.at, +43-1-798 40 98-456, room 4008)

Thanks a lot for your support!

Kathrin Mörtl Alla Kirsha Eva Pritz



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3 New Research Service for students

Dr. Kathrin Mörtl and Mag.^a Alla Kirsha offer SFU students support for research:

NEW RESEARCH SERVICE FOR STUDENTS

Thesis already completed?

Still looking for a topic?

I have no idea how to set up a research design?

Who is looking after me and supports me in the planning of my study?

We would like to motivate you to draw up exciting clinical questions on the topic of your thesis. Throughout your clinical practice in the ambulance you will acquire extensive experience. As psychotherapists under supervision you represent the future, not only with respect to clinical care but also further development of theory and practice.

We are happy to inform you about on-going research projects and already existing research groups at SFU – you might want to write your thesis in a team.

As of April our research team will be present every Thursday in the Outpatient Clinic with the offer to discuss your ideas and potentially develop them into an actual research project.

Visit us!

We are prepared and ready for brainstorming.

As of 9th of April, every Thursday 14.30 – 16.30

Dr. Kathrin Mörtl and MA Alla Kirsha, Room No 5, Outpatient Clinic

We look forward to your visit!
Kathrin Mörtl & Alla Kirsha



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4 Students Research Award

Awarded with Students Research Award in winter-semester 2014/2015:

Mariia Demianchuk

For her poster presentation: „PTSD: Between Scylla of horror of the past and Charybdis of future uncertainty“ at 22nd European Congress of Psychiatry (EPA 2014), 1st to 4th of March 2014 in Munich; and

poster presentation: „Diagnosis Topic: Illusive diagnosis“ at DGPPN Congress in Berlin, 26th-29th of November 2014.

Urška Klemenc

For her poster presentation „Movies as a valuable teaching tool“ at the International Conference on Media and Popular Culture in Vienna, 30th- 31st of May 2014.

Tatiana Pysarenko

For her talk: „A Woman’s Search for Identity: Defining Self in a Generational Context“ at 7th World Congress for Psychotherapy, 25th to 29th August 2014 in Durban, South Africa.

Dominik Stefan Mihalits

For his talk: „Resistance in Love?“

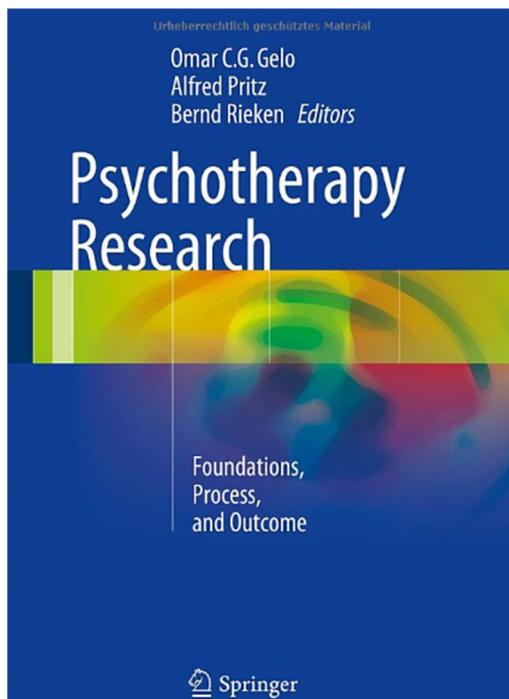
Which form of arrangements do we take into consideration when we talk about love and marriage and can we differ in between cultural entities as much as we believe in?

At the international seminar on ‘Rhythms of Resistance’, organised by the Department of Human Development and Childhood Studies, Lady Irwin College, University of Delhi in collaboration with Aalborg University, Aalborg, Denmark, 24th- 26th of September 2014 in the India Habitat Centre, New Delhi.

Congratulations!

We are very proud of our students’ international scientific presence!

5 Recent SFU book publications



Gelo, O. C., Pritz, A., & Rieken, B. (Hrsg.). (2015). *Psychotherapy Research. Foundation, Process and Outcome*. Wien New York: Springer.

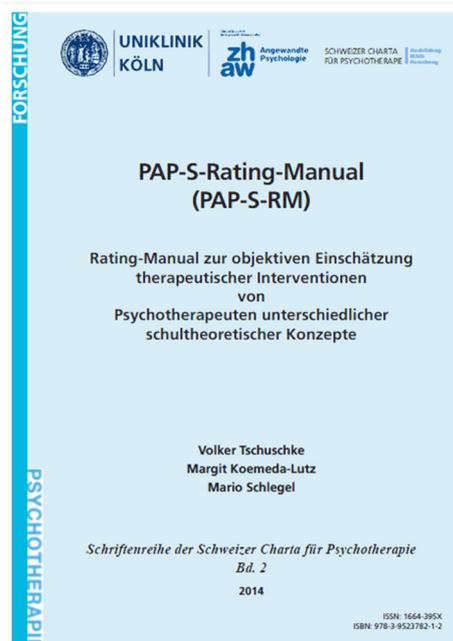
Release date: 14.01.2015



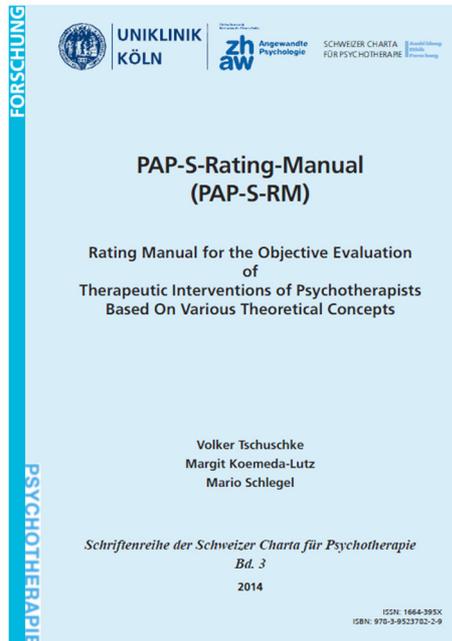
Rieken, B. (Hrsg.). (2015). *Wie bewältigt man das Unfassbare? Interdisziplinäre Zugänge am Beispiel der Lawinenkatastrophe von Galtür*. Reihe Psychotherapiewissenschaft in Forschung, Profession und Kultur, Band 10. Münster New York: Waxmann.



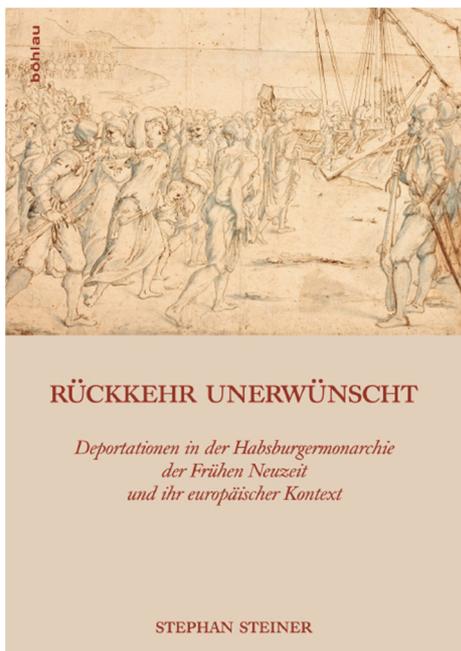
Eichenberg, C. & Kühne, S. (2014). *Einführung Online-Beratung und -therapie. Grundlagen, Interventionen und Effekte der Internetnutzung*. München: UTB.



Tschuschke, V., Koemeda-Lutz, M. & Schlegel, M. (2014). *PAP-S-Rating-Manual (PAP-S-RM). Rating-Manual zur objektiven Einschätzung therapeutischer Interventionen von Psychotherapeuten unterschiedlicher schultheoretischer Konzepte*. Zürich: Schweizer Charta für Psychotherapie.



Tschuschke, V., Koemeda-Lutz, M. & Schlegel, M. (2014). *PAP-S-Rating-Manual (PAP-S-RM). Rating Manual for the Objective Evaluation of Psychotherapists Based On Various Theoretical Concepts*. Zürich: Schriftenreihe der Schweizer Charta für Psychotherapie Bd.3.



Steiner, S. (2015). *Rückkehr unerwünscht. Deportationen in der Habsburgermonarchie der Frühen Neuzeit und ihr europäischer Kontext*. Wien – Köln – Weimar: Böhlau

http://www.boehlaverglag.com/download/163445/978-3-205-79499-8_OpenAccess.pdf

See additionally:

<http://science.orf.at/stories/1758446>

Am 15. April sendete Ö1 eine Dimensionen-Sendung, die diesem Buch gewidmet war.

<http://oe1.orf.at/programm/401901>



Poltrum, M., & Heuner, U. (Hrsg.). (2015). *Ästhetik als Therapie. Therapie als ästhetische Erfahrung*. Berlin: Parodos.

Festschrift zum 60. Geburtstag von Michael Musalek

6 Publications from SFU academic staff 2015

In case of more than one author, the SFU affiliation is marked in bold for the relevant author for whom the affiliation to SFU is identified. When in case of multiple authorship no indication exists in bold, the SFU affiliation is applicable to all authors.

Books

Gelo, O.C.G., Pritz, A., & Rieken, B. (Eds.). (2015). *Psychotherapy research: Foundations, process and outcome*. Vienna/New York: Springer.

Poltrum, M., & Heuner, U. (Hrsg.). (2015). *Ästhetik als Therapie. Therapie als ästhetische Erfahrung*. Berlin: Parodos.

Steiner, S. (2015). *Rückkehr unerwünscht. Deportationen in der Habsburgermonarchie der Frühen Neuzeit und ihr europäischer Kontext*. Wien/Köln/Weimar: Boehlau.

Reichmayr, J. (2015). *Otto Fenichel: Psychoanalyse und Gymnastik*. Gießen: Psychosozial-Verlag.

Articles in books

Auersperg, F. & Eichenberg, C. (2015). SMS-Daumen, Wii-itis und Nintendinitis. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 470-472). Berlin: MWV.

Blokus, G. & **Eichenberg, C.** (2015). Burnout. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 90-94). Berlin: MWV.

Braakmann, D. (2015). Historical Paths in Psychotherapy Research. In O.C.G. Gelo, A. Pritz & B. Rieken (Hrsg.), Psychotherapy Research. Foundations, Process and Outcome. (S. 39-65). Vienna: Springer.

Eichenberg, C. & Auersperg, F. (2015). Sexsucht und Liebessucht. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 457-462). Berlin: MWV.

Eichenberg, C. & Schott, M. (2015). Medienopfer-Syndrom. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 280-285). Berlin: MWV.

Eichenberg, C. & Wolters, C. (2015). Cyberchondria. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 114-118). Berlin: MWV.

Eichenberg, C. (2015). Internetsucht. In E. Brähler & H.-W. Hoefert (Hrsg.), Lexikon der Modernen Krankheiten – Phänomene, Gefahren, Irrtümer (S. 236-240). Berlin: MWV.

Gelo, O.C.G. & Manzo, S. (2015). Quantitative Approaches to Treatment Process, Change Process, and Process-Outcome Research. In O.C.G. Gelo, A Pritz, & B Rieken (Eds.). Psychotherapy research: Foundations, process and outcome. (S. 247-277). Vienna/New York: Springer.

Greiner, K. (2015). Psychotherapia Academica Universitatis: A Philosophical Argument for the Academic Discipline of Psychotherapy. In O.C.G. Gelo, A Pritz, & B Rieken (Eds.). Psychotherapy research: Foundations, process and outcome. (S. 93-116). Vienna/New York: Springer.

Mörzl, K. & Gelo, O. (2015). Qualitative Methods in Psychotherapy Process Research. In O.C.G. Gelo, A. Pritz, & B. Rieken (Eds.), Psychotherapy research: Foundations, process and outcome. Vienna/New York: Springer (S. 381-428).

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7 Congress report

7.1 XXXIV. DGKJP (Deutsche Gesellschaft für Kinder- und Jugendpsychiatrie) Congress 2015, 4th to 7th of March in Munich Changing society – Changing families

Challenges for the diagnosis and treatment of mental disorders in children and adolescents.

Christiane Eichenberg and Brigitte Sindelar arranged the symposium:

E-Mental-Health: Chancen und Risiken der Internetnutzung in Kindheit und Jugend	
Christiane Eichenberg, Wien	Vorsitz
Brigitte Sindelar, Wien	Ko-Vorsitz

Abstract

Im Rahmen der E-Mental-Health-Forschung werden Zusammenhänge von digitalen Medien und psychischer Gesundheit untersucht. Einerseits finden viele Prozesse der psychosozialen Versorgung vermehrt auch unter Nutzung moderner Informations- und Kommunikationstechnologien statt, andererseits wirkt die Nutzung ebenso auf das menschliche Erleben und Verhalten mit potenziell problematischen Effekten rück. Kinder und Jugendliche sind heute alltägliche Nutzer digitaler Medien, v.a. von Computern und Internet. Aus diesem Grund werden klinische relevante Chancen und Risiken für diese Nutzergruppe an exemplarischen Themenfeldern aufgegriffen.

In den ersten beiden Beiträgen werden die Chancen digitaler Medien als Interventionsmittel in den Blick genommen. Eichenberg & Sindelar belegen den Nutzen der sogenannten Serious Games als Adjuvant in der Kinder- und Jugendlichenpsychotherapie unterschiedlicher psychischer und psychosomatischer Störungen anhand eines systematischen Reviews und exemplarischer Evaluationsstudien. In einem zweiten Beitrag wird der Nutzen des Internet als psychosoziales Beratungsmedium für Jugendliche am Beispiel eines etablierten Angebots der Bundeskonferenz für Erziehungsberatung e.V. vorgestellt und anhand von aktuellen Statistiken zum Inanspruchnahmeverhalten Optimierungsstrategien zum Erreichen der Zielgruppe im Online-Setting abgeleitet (Große Perdekamp).

Die beiden folgenden Beiträge greifen exemplarisch zwei Risikobereiche der Internetnutzung auf. Sindelar referiert eine Studie zum Cybermobbing, die der Frage nach der Unterschiedlichkeit bzw. Ähnlichkeit in der subjektiven Wahrnehmung von Jugendlichen, die Mobbing im realen versus virtuellen Raum erleben mussten, nachgeht. Eichenberg greift abschließend das Problemfeld sogenannter Extreme Communities auf. Vorgestellt wird eine Studie zu Online-Selbsthilfegruppen die Betroffene von selbstverletzendem Verhalten fokussieren, in der v.a. Motive zur Teilnahme und verschiedene Bereiche von Nutzungseffekten (u.a. Einfluss auf Selbstverletzungen, allgemeine Symptombelastung und Therapiemotivation) in Abhängigkeit verschiedener Nutzertypen untersucht wurde.



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E-Mental-Health: Chances and risks of Internet use in childhood and adolescence

Christine Eichenberg, Vienna

Chairmanship

Brigitte Sindelar, Vienna

Co-chair

Abstract

In the context of E-Mental Health Research correlations of digital media and mental health are examined. On the one hand, many processes of socio psychological care increasingly also make use of modern information and communication technologies. On the other hand, the utilization has likewise a retroactive effect on the human experience and behaviour with potentially problematic effects. These days, children and adolescents use digital media on a daily basis, notably computers and Internet. For this reason, clinically relevant opportunities and risks for this user group were taken on as exemplary topics.

The first two articles explore the opportunities of digital media as means of intervention. Both Eichenberg & Sindelar demonstrate the benefit of so-called *serious games* as adjuvant in psychotherapy for children and adolescents, indicating various psychological and psychosomatic disorders, on the basis of systematic reviews and exemplary evaluation studies. In a second contribution the benefit of the Internet is presented as psychosocial counselling medium for adolescents based on the example of an established offer by the Federal Conference for Educational Consultation (Bundeskonferenz fuer Erziehungsberatung e.V.), and based on current statistics on utilization behaviour optimization strategies are derived with the goal to reach the target audience in online-setting (Grosse Perdekamp).

The following two contributions address two areas of risk related to Internet usage in an exemplary manner. Sindelar speaks about a study on cyber-mobbing investigating the difference or similarity respectively in subjective perception by adolescents who had to experience actual mobbing versus such in a virtual space. Concluding, Eichenberg addresses the issue of so-called Extreme Communities. A study on online self-support groups is presented, focussing on people with self-harming behaviour, in which particularly motivation for participation and various impact areas of its use was examined (among others the influence on auto-aggression, general symptom burden and motivation for treatment), dependant on different user types.

Selbsthilfeforen für Jugendliche mit selbstverletzendem Verhalten: Eine empirische Analyse von Funktionen und Effekten

Christiane Eichenberg

Autor

Einleitung

Insgesamt wird das Internet als Selbsthilfemedium in Fachkreisen positiv eingeschätzt. Bei bestimmten Problembereichen und Symptomen ist die Nützlichkeit jedoch stark umstritten. So werden netzbasierte Selbsthilfeaktivitäten insbesondere von Jugendlichen mit selbstverletzendem Verhalten (SVV) vorwiegend mit Sorge betrachtet aufgrund möglicher Triggereffekte und damit dysfunktionalen Auswirkungen auf die Krankheitsbewältigung.

Methode

Um die Effekte von Internet-Foren zu SVV empirisch zu bewerten wurde eine Online-Befragungsstudie mit N = 309 adolescenten Personen (89,6 % weiblich; Alter: M = 19,76; SD = 4,64) durchgeführt, die verschiedene SVV-Foren nutzen. Im Fokus stand die Charakterisierung der Teilnehmer (Soziodemografie, klinisch relevante Symptomatik), die Erhebung der subjektiven Wirkung der Forumsnutzung sowie der Einfluss auf die sozialen Beziehungen und Symptombelastung ihrer Nutzer.

Diskussion/Ergebnisse

Die Hauptbefunde zeigen, dass bei der klinisch hoch belasteten Stichprobe konstruktive Motive und Kommunikation bei der Forumsnutzung im Vordergrund stehen. Allerdings sind die Nutzer von SVV-Foren keine homogene Gruppe, sondern unterschieden sich in spezifischen Motivkonstellationen und damit auch in den Auswirkungen der Forenpartizipation auf die psychische Symptomatik. Mittels einer Clusteranalyse konnten 3 Nutzertypen unterschieden werden.

Empfehlungen für den therapeutischen Umgang mit Jugendlichen, die entsprechende Foren nutzen, werden gegeben.



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Self-support forums for adolescents with self-harming behaviour: An empirical analysis of functions and effects.

Christiane Eichenberg

Author

Introduction

Overall, expert groups positively assess the Internet as self-support medium. However, for certain problem areas and symptoms the usefulness is discussed highly controversial. Thus, network based self-support activities, in particular of adolescents with self-harming behaviour, are predominately considered as a concern, this due to possible trigger effects and their associated dysfunctional impact on coping with the illness.

Technique

To empirically evaluate the effects of Internet forums on adolescents with self-harming behaviour, an online survey study was carried out with N = 309 adolescent persons (89,6 % female; age: mean = 19.76; standard deviation =4.64), using various forums.

Discussion/Results

The main findings demonstrate that the utilization of forums focuses on constructive motives and communication in case of the clinically highly burdened sample. However, the users of the so-called SVV forums are not a homogenous group, but vary with respect to specific constellations of their motives, thus also regarding the effects of the forums participation on mental symptomatology. By means of a cluster analysis 3 user types could be differentiated.

Recommendations are provided for the therapeutic treatment of adolescents , who use the relevant forums.

001 Serious Games in Psychotherapie und Neuropsychologie

Christiane Eichenberg

Autor

Brigitte Sindelar

Co-Autor

Einleitung

Medienanwendungen spielen im heutigen Informationszeitalter auch in der Klinischen Psychologie und Psychotherapie eine zunehmend größere Rolle. Während sich Internet und mobile Medien in der Versorgung psychischer Störungen bereits in der Etablierungsphase befinden, wird auch mit anderen modernen Medien wie Virtual-Reality-Anwendungen und ganz aktuell auch mit so genannten Serious Games experimentiert. Bei Serious Games handelt es sich um Computerspiele, bei denen weniger Unterhaltung sondern vielmehr Lernerfahrungen im Vordergrund stehen. Obwohl der Begriff Serious Games bereits 1970 geprägt wurde, ist der Einsatz im Rahmen der Behandlung psychischer, psychosomatischer, entwicklungsbezogener und verhaltensmedizinisch behandelter Erkrankungen sehr jung.

Methode

Der Vortrag hat zum Ziel, zum einen Review vorzustellen, das einen Überblick über dieses neue Praxis- und Forschungsfeld gibt. Eine systematische Literaturrecherche mit den festgelegten Begriffen wurde in den Datenbanken Medline und PsycINFO durchgeführt. Publikationen ohne empirische Wirksamkeitsstudien (Einschlusskriterium: mindestens Pre-Post-Design) wurden ausgeschlossen. Zum anderen werden exemplarisch Serious Games zur Behebung partieller Entwicklungsdefizite in den informationsverarbeitenden Prozessen vorgestellt.

Diskussion/Ergebnisse

Auf der Basis des systematischen Reviews konnten N = 21 Studien identifiziert werden. Diese zeigen in der Gesamtheit, dass Serious Games nicht nur effektiv sind in der Behandlung verschiedener psychischer Störungen, sondern auch die Behandlungsmotivation insbesondere bei Kindern und Jugendlichen steigern können. Es wird anhand konkreter Beispiele aufgezeigt, dass in der kinder- und jugendpsychologischen Praxis entsprechende Spiele nicht nur evaluiert, sondern auch manualisiert eingesetzt werden.



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Serious Games in psychotherapy and neuropsychology

Christiane Eichenberg

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Brigitte Sindelar

Co-author

Introduction

In today's era of information, media applications play an increasingly important role also in clinical psychology and psychotherapy. While for the treatment of psychological disorders Internet and mobile media are already in the phase of being established, experiments are carried out with other types of modern media, such as virtual reality applications and most recently also with so-called Serious Games. Serious Games are computer games focusing less on entertainment and much more on learning experiences. Although the term Serious Games was coined back in 1970 their use in the treatment of mental, psychosomatic, such related to development and behavioural disorders is very recent.

Technique

This lecture firstly aims to introduce a review providing an overview of this new field for practice and research. A systematic search for the specified terms in related literature was carried out in MEDLINE and PsycINFO. Publications without empirical study on effectiveness were excluded (inclusion criteria: at least Pre-Post-Design). On the other hand, Serious Games will be presented in an exemplary manner as a means to correct partial development deficits related information-processing processes.

Discussion/Results

Based on the systematic reviews N = 21 studies could be identified. Overall, these studies show that Serious Games are not only effective in the treatment of various mental disorders, but also increase the motivation for treatment, particularly of children and adolescents. Concrete examples demonstrate that in children's and adolescents' psychological practice such corresponding games are not only evaluated but also applied in a manualized treatment.

003 Cybermobbing bei Jugendlichen

Brigitte Sindelar

Autor

Christoph Bendas

Co-Autor

Einleitung

Cybermobbing ist ein offenkundiger und zielgerichteter Akt der Aggression, der im Internet, vor allem im Kontext sozialer Netzwerke, an einer Person getätigt wird. Mobbing im Schulkontext ist dadurch gekennzeichnet, dass ein Individuum über einen längeren Zeitraum hinweg und systematisch Aggression ausgesetzt ist, sei es durch eine andere Person, eine kleinere Gruppe, oder die gesamte Schulklasse. Im Unterschied zum Mobbing in "realen" Situationen, denen die betroffene Person entkommen kann, auch wenn dies um den Preis des sozialen Rückzugs geschieht, ist es beim Cybermobbing so, dass es keinen sicheren Ort mehr zu geben scheint. Gibt es Unterschiede in der subjektiven Wahrnehmung Jugendlicher von realen Mobbing-Situationen, die sich im Kontext der Schule ereignen, und Cybermobbing, das in sozialen Netzwerken im Internet stattfindet? Ziehen sich Jugendliche, die Cybermobbing ausgesetzt sind, aus der virtuellen Welt zurück? Und wenn nicht, was motiviert sie dazu, sich weiterhin an sozialen Netzwerken im Internet zu beteiligen?

Methode

Präsentiert wird eine quantitative Studie an Jugendlichen zweier Schulen in Oberösterreich, in der deren subjektive Wahrnehmung von Situationen des Cybermobbing mit „realen“ Mobbing-Situationen in Vergleich und dies mit dem Ausmaß an Selbstwertgefühl der Jugendlichen in Beziehung gesetzt wird.

Diskussion/Ergebnisse

Die statistische Auswertung der Daten ergibt, dass Situationen des Cybermobbing hochsignifikant schlimmer empfunden werden als Situationen des realen Mobbing. In einem direkten Vergleich von Situationen des Cybermobbing und des realen Mobbing wird deutlich, dass vor allem die Aussagen „Nacktfotos werden per Handy an andere geschickt“ und „Einträge gegen mich werden auf Facebook an andere Walls gepostet“ diesen Effekt befördern. Signifikante Zusammenhänge ließen sich nicht zwischen dem Gesamt-Score zum Selbstwert, wohl aber in einzelnen Facetten finden.



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Cyber-bullying in adolescents

Brigitte Sindelar

Christoph Bendas

Author

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Introduction

Cyber-bullying is a blatant and determined act of aggression against a person by Internet, notably in the context of social networks. Mobbing at school is characterized by systematically exposing an individual to aggression over a longer period of time, whether by another person, a small group, or the entire class. Unlike mobbing in real life situations, where the affected person can escape, even if this is done at the cost of social withdrawal, it is cyber-bullying implying that there seems to be no safe place anymore. Are there any differences in the subjective perception of adolescents between real bullying situations that occur in the context of school, and cyber-bullying taking place in social networking sites on the Internet? Withdraw adolescents exposed to cyber-bullying from the virtual world? And if not, what motivates them to continue to participate in social networking sites on the Internet?

Technique

A quantitative study on adolescents from two schools in Upper Austria is presented, in which their subjective perception of situations related to cyber-bullying is compared with real bullying situations and as such related to the extent of the adolescents' self-esteem.

Discussion/Results

The statistical analysis of data reveals that situations of cyber-bullying are significantly high perceived as worse than situations of real bullying. A direct comparison of situations of cyber-bullying and real bullying makes it evident in particular statements such as "Nude photos will be sent to others via mobile phone" and "Entries against me will be posted on Facebook on other walls" convey this effect. No significant correlations were found between the total score on self-esteem, though in its singular facets.



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7.2 Conable Conference in International Studies

“A Vision of Revolution” - Exile and Deportation in Global Perspective 2nd to 4th
of April 2015

Rochester, New York.

<http://www.rit.edu/cla/conable/>

Stephan Steiner participated in this conference as SFU representative.