ABSTRACTBOOK – POSTERS

Marie Halme

Exploring the mental health care gap through qualitative interviews

Mental health conditions are common and an increase in mental health related disability has been observed, posing a challenge for the provision of mental health care. Early access to treatment is important for mental health related outcomes. Still, many of those in need of mental health care are not receiving any. The difference between those in need of mental health care and those receiving it is referred to as the mental health care gap. This unmet need in mental health care has been observed both globally and in Finland, posing a challenge for early access to care and the mitigation of mental health related disability in the population. Research on the mental health care gap is needed to develop more inclusive and accessible mental health care services. In previous studies, several barriers to care have been examined and associations between these and socioeconomic factors have been observed, suggesting differential access to treatments between populations. However, the experiences of those in need of care have received little research attention. Exploring these could offer a client-centred perspective on the mental health care gap and factors associated to it. In this study, we examine the mental health care gap through qualitative interviews of approximately 25 Finnish adults with self-identified need for mental health care. The objective of the interviews is to explore what kinds of experiences do people in need of mental health care have of help-seeking, expectations of care and factors associated to receiving or not receiving care. Individual interviews will be analysed using thematic analysis. In this poster presentation I will present the background and methods of the study, as well as reflect on the choices of methodology and their ethical underpinnings.

Marika Kontturi

Sleep problems and life satisfaction. Changes during retirement transition.

Life satisfaction and sleep quality are key components of subjective well-being. Research show that retirement often improves sleep quality, while changes in life satisfaction during this period are mixed. It is also unclear if changes in sleep quality are associated with changes in life satisfaction during retirement. Furthermore, most studies have focused on general life satisfaction rather than its specific domains. The aim of this study was to examine whether changes in sleep problems are associated

with changes in total and domain-specific life satisfaction during the retirement transition. The study population consisted of Finnish public sector employees (n=3518) from the Finnish Retirement and Aging (FIREA) study who retired on a statutory basis and who responded to annual surveys during retirement transition. Participants were grouped into four sleep problem groups depending on the state of their sleep problems during the retirement transition: 'Never', 'Decreasing', 'Increasing', and 'Constant' sleep problems. The total life satisfaction score was calculated by averaging the responses of the four domains of life satisfaction (interestingness, happiness, easiness, togetherness). Multiple linear regression analyses with generalized estimating equations were used to examine the changes in life satisfaction by sleep problem groups. Improvement in total life satisfaction was greatest for participants in the 'Decreasing' (0.17, 95% CI: 0.11–0.23, SMD: 0.27) and 'Constant' (0.12, 95% CI: 0.07–0.18, SMD: 0.19) sleep problem groups. Of the specific life satisfaction domains, similar findings were observed only for the easiness domain. It seems that decreasing or constant sleep problems are associated with improved life satisfaction during the retirement transition, especially in the feeling of easiness of life. As the demands of work decrease during retirement, sleep problems may alleviate or become more manageable, potentially improving life satisfaction.

Suvi Lehtonen

The association of voluntary running and sex with pattern separation in mice

Hippocampal dentate gyrus (DG) is essential for encoding highly similar inputs into distinct neural representations (pattern separation), and this memory process is enhanced by physical exercise. Although pattern separation is mainly attributed to the sparsely firing excitatory granule cells (GCs), it is not known how these cells modify their firing patterns in response to different conditions, to facilitate learning. In fear-related tasks, pattern completion (generalization of memories) has been shown to override pattern separation more often in females than in males, but the reasons for this and the underlying neuronal mechanisms in the DG are unknown. We studied the activity of GCs during discrimination fear conditioning task (FC) using in vivo one-photon calcium imaging in adult, healthy C57/black mice. We compared learning in males (n = 6) and females (n = 6) and further, in voluntarily running females (n = 6). To this end, we injected AAV.CamKII.GCaMP6s.WPRE.SV40 to express GCaMP6s and

implanted a lens targeting the dorsal dentate gyrus. We imaged GCs during a 20-day contextual fear conditioning, in which the mice explored two highly similar contexts, one of which predicted the occurrence of foot-shock(s) from day 11 onwards. According to our results, males and sedentary females learnt to discriminate the contexts, whereas the runner females did not. Overall, males discriminated better than females, and females showed a stronger and more generalized fear response than males. Preliminary calcium signal analysis revealed that GCs responded to the foot-shock but had a low selectivity to the contexts. Potential modulation in the firing patterns was found in males: in the foot-shock context, the number of events across the active GCs before and after conditioning were less correlated compared to the safe context. In conclusion, neural discrimination in the DG might reflect behavioral performance, but more analyses are needed to confirm this.

Katariina Lehtiniemi

Employee Turnover as a Coping Mechanism: Associations With Later Occupational Well-being

OBJECTIVES: The aim of Study 1 was to explore employee turnover (T1-T2) as a coping mechanism in dealing with burnout (i.e., exhaustion T1) and organizational learning climate (LC) that is perceived unsupportive (i.e., low facilitative-appreciative and high error-avoiding LC T1). We examined whether burnout strengthens the relationship between organizational LC and employee turnover. In Study 2 we studied shorter- and longer-term outcomes (exhaustion T2 and T3) of employee turnover, and whether organizational LC (T2, i.e., measured after changing or maintaining their job) moderates this relationship. Better personal and contextual resources are considered as building blocks for sustainable careers. METHODS: We studied highly educated employees in two separate settings. Study 1 (n=593) as well as the first part of Study 2 (n=577) comprised a larger sample of employees who participated in T1 and T2. The employees who continued participating in T3 were included in the second part of Study 2 (n

Enyu Lin

Adaptive trait affect regulation predicts less negative affect in dreams

Affect regulation is crucial for psychological well-being. Existing literature has linked the habitual use of adaptive regulation strategies (e.g., cognitive reappraisal) to more positive and less negative affect in daily life. Such habitual use of affect regulation strategies (or trait affect regulation) has been theorized to also underlie affective dream experiences. Here, we empirically tested the relationship between trait affect regulation and dream affect. Ninety-five participants (18-55 y, M=24.53, SD=6.45) filled in a questionnaire assessing two affect regulation strategies—trait cognitive reappraisal and trait expressive suppression. They then reported their dreams, dream affect, and sleep quality every morning upon awakening for one (N=45, n=412) or two weeks (N=50, n=240). Additionally, two raters coded the affect expressed in the narrative dream reports (external ratings). Multilevel regression analyses showed that participants with higher levels of trait cognitive reappraisal experienced less negative affect in their dreams, both in terms of intensity (self-ratings: B=-0.170, 95% CI [-0.298: -0.043], SE=0.065, z=-2.626, p=0.009) and occurrences (self-ratings: B=-0.098, 95% CI [-0.196: -0.001], SE=0.050, z=1.974, p=0.048). Conversely, those with higher levels of trait expressive suppression reported lower intensity of positive affect in their dreams (external ratings: B=-0.151, 95% CI [-0.301: -0.002], SE=0.076, z=-1.983, p=0.047). These findings suggest that (1) individual differences in trait affect regulation may underlie affective experiences not only in wakefulness but also during sleep: and (2) there is trait-like affective continuity across wakefulness and sleep.

Ville Loukola

The Effect of the COVID-19 Pandemic on Threatening Dream Content in a Finnish Sample of Diary Dreams

Previous research indicates that the COVID-19 pandemic has affected dreaming negatively. We compared 1132 dreams collected with prospective two-week dream diary during the pandemic to 166 dreams collected before the pandemic. We hypothesized that the pandemic would increase the number of threatening events, threats related to diseases, and the severity of threats. We also hypothesized that dreams that include direct references to the pandemic will include more threatening events, more disease-related threats, and more severe threats. In contradiction with our hypotheses, results showed no differences between pandemic and pre-pandemic

samples in the number of threats, threats related to diseases, or severe threats. However, dreams with direct references to the pandemic had more threats, disease-related threats, and severe threats. Our results thus do not suggest a significant overall increase in nightmarish or threatening dream content during the pandemic but show a more profound effect on a minority of dreams.

Nanna Strid

Affective Quality Of Psychedelic Experiences Is Associated With Perceived Changes In Peace Of Mind

In recent years, interest in the potential of psychedelics (e.g., psilocybin, LSD, ayahuasca) for treating various mental health conditions has gained momentum. However, the specific aspects of the psychedelic experience contributing to its therapeutic effect remain unclear. It is proposed that the affective content of the experience, specifically awe, may underlie observed benefits. Yet, the relationship between the affective quality of these experiences and improvements in well-being is not well understood. Additionally, while the impact of psychedelics on different facets of well-being has been extensively studied, their effect on peace of mind has not been explored. In this study, we investigated how the affective content of psychedelic and meditation experiences is associated with perceived changes in well-being, especially peace of mind. Participants (psychedelic group: N = 147: meditation group: N = 66) retrospectively described their most meaningful psychedelic or meditation experience and rated their positive mood during that experience using the positive mood subscale of the Mystical Experience Questionnaire (MEQ30). They also rated perceived changes in peace of mind. The affective content of their descriptions was analyzed using the Linguistic Inquiry and Word Count (LIWC-22) and by counting the frequency of all awe-related words. We found no significant relationships between the affective content of the descriptions of experiences and perceived changes in peace of mind (ps .05). However, positive mood during the psychedelic and meditation experience predicted increased levels of peace of mind (ß = .38, p .001 and ß = .51, p .01, respectively). The strongest predictor of peace of mind was the feeling of peace and tranquility during the experience (ß = .40, p .001). The findings suggest that while positive affect during the psychedelic experience may play a role in enhanced well-being, this may also extend to other meaningful experiences.

Jeremia Sjöblom

Daily dynamics of loneliness and social relations

Humans are social animals and social relations, or the lack of them, have a wide-ranging effect on human well-being. Loneliness is linked to depression, anxiety, stress, reduced exercise and worse sleep. This study aims to investigate how daily variations in social relations, loneliness, positive and negative affect, exercise, and sleep are related over time. We collected data from 123 from individuals for a maximum of 120 days. Using network analysis, we created three kinds of network analysis on all participants that had answered for more than 20 days. All participants were single at the time. Temporal networks to investigate the day-to-day interaction, contemporaneous network to investigate the within day variation, and lastly between-subject networks on how different individuals answer tend to be associated within the same day. Preliminary results indicate that a central of aspect of both the temporal network and contemporaneous network is the centrality of stress both as an out-node and an in-node. Preliminary results also indicate that sleep and loneliness showed higher centrality as in-nodes.

Anastasiia Valiavko

Understanding public perception of sexual violence victims in the Russian-Ukrainian war

The full scale invasion of Russia in Ukraine, which began in 2022, has been marked by various war crimes, including instances of sexual violence against Ukrainian civilians perpetrated by Russian troops. Although the Prosecutors Office of Ukraine had documented 155 cases by January 2023, the full scope of these atrocities remains uncertain due to the ongoing war. This study aims to investigate how the Ukrainian general population views the victims of sexual violence during the war. We will collect data on socio-demographic variables. To measure attitudes towards rape victims, we will use translated versions of An Updated Illinois Rape Myth Acceptance Scale (McMahon & Farmer, 2011), Attitude towards Rape Victims Scale (Ward, 1988), Rape-Perpetrator Empathy Scale and the Rape-Victim Empathy Scale (REMV: Smith & Frieze, 2003). Specifically for this research new scale called Attitude towards Rape Victims During War was created. Data will be gathered using an online survey, consisting of the above-mentioned measuring instruments as well as some additional questions regarding socio-demographic variables. The target group is Ukrainians over 18 living

inside Ukraine The link will be connected to the REDCap questionnaire containing the informed consent. The aim is to recruit 500 Ukrainian participants that live in Ukraine and Finland. The survey will be conducted online, using social media platforms (Facebook, Instagram, etc.), with assistance from bloggers. Additionally, the Taras Shevchenko National University of Kyiv will collaborate in distributing the survey. Moreover, to encourage participation, a lottery system has been established. The research budget is 500€. The list of charitable organizations that will take part in the lottery: Ukrainian Association in Finland and Ukrainan Yhdistys Pietarsaaressa ry.