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Investigating the effectiveness of enhancing optimism skills on high school students' locus of control

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Optimism can lead to happiness, academic achievement, health, and internal locus of control (Linly & Joseph, 2004, Seligman, 2003, Tailor & Brown, 1998).

This is an interventional study with pretest–posttest control group design. The main purpose of this research is the investigation effectiveness of enhancing of optimism skills on the locus of control in high school students. The main hypothesis of the study was: Enhancing the optimism skills increases the internal locus of control in high school students.

The sample of this study was 40 students randomly selected from high schools of Gorgan city of Iran. Before intervention, two groups completed the pretests of Rutter's locus of control, Rosenberg's self-esteem and Oxford happiness questionnaires. Subjects were divided into groups of external and internal locus of control. Externals participated in the training program of optimism skills for 8 sessions. After the intervention, both groups were tested by the same questionnaires again.

Using T-test indicated that the difference between two groups is significant ( $p < 0.007$ ). Results showed that the training program of optimism skills is effective in changing external locus of control into internal. Totally, the result of this study, confirmed the utility and effectiveness of training optimism skills in internalization locus of control in high school students.

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Food, life, and death. The film *La Grande Bouffe* of Marco Ferreri in an art psychological point of view

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**Background and aims:** The theme of food and eating or its disorders are often presented on the screen as well. Marco Ferreri's *La Grande Bouffe*, made in 1973, has become a classic in this field.

**Method:** We performed an art psychological, psychoanalytical evaluation of the film.

**Result:** The film is not only about the criticism of consumer society — we try to show that this is an elaborately structured, mythological story with psychoanalytical meaning and several examples for symbolic interpretations of eating in it. Our approach is an art psychological perspective.

The story is rather surrealistic, full of mythological connotations. The four main male characters represent perfect incarnations of the first four Freudian stages of sexual development — actually, neither of them could reach the stage of mature sexuality. They are dying when found by the woman, Andréa, the Angel of Death.

**Conclusion:** Critics reckon Ferreri's film among postmodernism. Film analysts pointed out social criticism, the destructive overdrive for consuming, or the decay of civil societies. The film provides the opportunity for different polisemic interpretations in a similar way, revealing the harmonic balance between the artist's intuition and his conscious.

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Drug-addicted adults: Their self-concept, self-esteem and their role in treatment

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Self-esteem and self-concept seem to be very important in the development of drug use and abuse. Thus the major objectives of this study were to explore these two psychological variables in the group of drug-addicted adults (currently involved in treatment) and the group of students. Gender, duration of treatment, employment etc. influences were investigated in the group of patients. We also compared this group to the group of faculty students. We used the statistical methods included in the statistical package for social sciences. We found some statistically significant differences between the groups on both measures (self-esteem and self-concept), some indication of positive contribution of longer treatment in the group of drug-addicted adults and some gender differences in this group also. These results can be used in the drug-addiction treatment and open several questions for further research.

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The efficiency of application physical factors in rehabilitation of children in conditions psychiatric clinic

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The prevalence of mental frustration in different age groups of the population, including in children's age defines a urgency of development of complex measures of rehabilitation of the patients directed on lengthening of the remission period. Under supervision there were 85 children of school age receiving medical treatment in conditions of dispensary in connection with mental and behavioristic frustration. Among them 55 patients in a general complex of treatment under the indications nominated the physical factors (electrodream, electrophoresis with medicinal preparations, franklinisation), medical physical training, massage of neck-and-shoulder zone and a hairy part of a head.

In comparison with group of the patients receiving only medical therapy, the effect of complex treatment with use of the physical factors was shown on 37% of cases more often. It had an effect in improvement of general state of health, reduction of a degree of shown uneasiness, high level of frustration and aggression, reduction of phobias, adequacy of behavioristic of reactions, concentration of attention. The reduction of deficientive, negative symptoms promoted decrease of displays of specific defects of the person at children, lengthening of the period remission.

Taking into account the discussionability of a problem of rehabilitation of the patients in conditions of dispensary, the efficiency of application of the physical factors is necessary to note.

**Keywords:** Mental frustration, children, rehabilitation, physical factors.

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## Poster Session 1: MENTAL HEALTH, CAREGIVERS ISSUES AND SOCIAL PSYCHIATRY

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Psychological risk factors in anxiety and depression symptoms in patients with cardio-vascular diseases