Mental Health Research Conference (MHRC2025) and

Network of education and training

in mental health (nET-MH2025)

Loss, Learn, and Live

4th Mental Health Research Conference (MHRC2025) and

5th Network of Education and Training in Mental Health (nET-MH2025)

March 27-28th, 2025

Hybrid Conference at Kantary Hills Chiangmai and Zoom meeting

THEME: Loss Learn Live

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Welcome to the conference

Dean of the Multidisciplinary and Interdisciplinary School

Associate Professor Apichat Sopadang, Ph.D.

Good morning, everyone.

I'm truly happy to be here with you today. How can I say this? I'd simply say — I'm very happy!

As you may know, this year marks the beginning of our PhD program, and we already have our first student enrolled. This is a great step forward for the international program at CMU, particularly in the MidS School. It shows real progress, and we are very proud.

I also want to mention that this is the 4th Mental Health Research Conference, hosted by the International Program in Mental Health at Chiang Mai University. I heard that this year's theme is about lost, love and live, which I find truly meaningful. It's a wonderful topic — one that I believe connects deeply with our personal and professional experiences.

A heartfelt thank you to Professor Camelle, who flew all the way from Australia to be with us. And to Professor Nahathai — I know how hard you've worked. From the very beginning, you've been committed to building and promoting the Master's program. Thanks to your efforts, the iMMH program has been doing very well this past year.

Whenever I talk to the top management at Chiang Mai University, I always mention this program as one of the strongest in our school — and they agree. It's an interdisciplinary program with high-quality students and dedicated advisors. Now that we've launched the PhD program too, it reflects our school's growing focus on developing impactful academic opportunities.

Thank you also to all the speakers joining us today. Whether you're presenting onsite or online, your participation is deeply appreciated. I believe your ideas and presentations on various topics will be extremely valuable to everyone attending.

From what I've seen, we have around 30 participants joining online and more than 30 participants here onsite in Chiang Mai. For those visiting in person, I hope your time here goes beyond the conference — I truly encourage you to experience the beauty of Chiang Mai. The food, the culture, the people — and of course, our beautiful temples and rich history — are all here for you to explore.

In closing, I would like to thank you once again. I wish you all a successful and meaningful conference. If there's anything you need from the school, please don't hesitate to reach out.

Thank you very much.

From the International Master of Science Program in Mental Health (iMMH)
Professor Nahathai Wongpakaran, MD, FRCPsychT

Good morning, everyone.

Dean of the Multidisciplinary and Interdisciplinary School at Chiang Mai University, distinguished speakers, esteemed researchers, and honored guests:

Welcome to the 4th Mental Health Research Conference (MHRC) and the 5th iMMH Meeting, held both online and on-site in Chiang Mai, as well as on Zoom.

This year marks the fourth year we have arranged this important meeting. As you may know, our mental health program was launched in 2020, the same year that COVID-19 impacted the world. Since then, we've become proficient in conducting everything online. In fact, parts of our curriculum are online, and our previous MHRCs were held entirely online.

This year is special—it is the first hybrid meeting for both the nET-MH and the MHRC, as we move into 2025.

Our organizing committee includes professors, CMU instructors affiliated with the iMMH program and IDMH, mental health professionals, students, and alumni. We could not have made this event possible without them. Our staff have been incredibly active in organizing engaging sessions, including oral presentations, research panels, and workshops.

We welcome participants both online and on-site. Some are here in person from various provinces in Thailand, and others are joining us from Europe, Australia, and the United States.

As for the oral presentations, they feature new research, much of it conducted by our current students, graduates, and researchers from other universities. Most importantly, we are honored to have invited keynote speakers who are internationally recognized researchers.

We are privileged to welcome Professor Carmelle, who flew in from Australia to deliver a keynote presentation. We also welcome Professor Danny, Professor Ron, Professor Zsuzsa, and other esteemed presenters from various institutions.

We have two symposium—one in the morning and one in the afternoon—with invited speakers presenting cutting-edge work.

We're not doing this simply because we have to. We are doing this to give our students the opportunity to participate in an international academic conference, and to learn directly from world-class researchers.

Honestly, I cannot fully express in words how grateful I am to have this opportunity—to organize this conference and to meet all of you here today.

I'm especially proud to see how actively and happily our iMMH workforce, students, and staff have worked to organize this event. This is our fourth conference, and we look forward to continuing this tradition next year, no matter what challenges the world may bring. We are prepared for any change, any disruption, and any uncertainty.

We at iMMH and IDMH are ready to move forward, and to continue contributing to the academic world.

I am deeply thankful to Professor Sopadang for being here today to chair and open this meeting. I am also sincerely grateful to the Multidisciplinary and Interdisciplinary School for its continued support of our programs.

I believe Chiang Mai University can take pride in seeing its students, alumni, and staff organizing such a meaningful meeting.

Thank you, everyone, for coming.

The people

Conference organizing committee

Committee Chairperson

1. Professor Nahathai Wongpakaran   Chairperson of Mental Health Program (International Program)

Academic Administration

1. Professor Tinakon Wongpakaran   Committee Vice-Chairperson and Academic Committee

2. Associate Professor Peerasak Lertrakarnnon   Academic Committee

3. Professor Dr. Patraporn Bhatarasakoon   Academic Committee

4. Assistant Professor Rewadee Jenruamjit   Academic Committee

5. Assistant Professor Chaiyun Sakulsriprasert   Academic Committee

6. Mr. Justin DeMaranville   Academic Committee

Coordination and public relations

1. Assistant Professor Charuk Singhapreecha   Director of Coordination and Public Relations

2. Assistant Professor Jiranan Griffiths   Director of Coordination and Public Relations

3. Dr. Chidchanok Ruengorn   Director of Coordination and Public Relations

4. Ms. Alla Glushich   Director of Coordination and Public Relations

5. Ms. Shun Lei Oo   Director of Coordination and Public Relations

6. Assistant Professor Penkarn Kanjanarat   Director of Coordination and Public Relations

7. Assistant Professor Awirut Oon-arom   Secretary and Coordination Committee and Public Relations

8. Ms. Natthinee Sawat   Assistant Secretary and Coordination Committee and Public Relations

9. Ms. Bandita Sommanasak   Assistant Secretary and Coordination Committee and Public Relations

The organizations

Partner organizations

The International Master of Mental Health (iMMH)

This meeting is being organized by the International Master of Mental Health (iMMH) Program at Chiang Mai University. Which is a collaborative program from the Faculty of Medicine, Nursing, Medical Technology, Dentistry, Pharmacy, Social Sciences, Humanities, Economics, and Health Sciences Research Institute.

The Network on Education and Training in Mental Health (nET-MH)

The Network on Education and Training in Mental Health (nET-MH) is the network consisting of experts from Germany, Taiwan, Indonesia, Myanmar, Cambodia, and Thailand, which has the Department of Mental Health and Curriculum.

About the conference

Purpose and objectives

- Organize an international academic conference on mental health research
- Organize the 4th nET-MH Network Meeting
- To encourage students in the Master of Science program Mental Health (International Program) at Chiang Mai University. The research results were presented at an international conference.
- Academic exchanges and research in mental health emerged. and cooperation between academics Researchers and mental health personnel both domestically and internationally

The themes of the meeting

For this year, the theme of the conference was "Loss, Learn, Live". We continued the concept of positive mental health from last year's conference, Mental Health: Universal Necessity, to promote mental health during changes, conflicts, and uncertainties from natural and unnatural threats in the future.

Program overview

Time (GMT+7)	Conference Program Onsite at Jao Nang Room and Zoom 1
8.30 - 9.00	Registration
9.00 - 9.30	MHRC 2025 Welcome remarks and recognitions Prof. Nahathai Wongpakaran, M.D., FRCPsychT Opening remarks Assoc.Prof. Apichat Sopadang, Ph.D. Dean of Multidisciplinary and Interdisciplinary School, Chiang Mai University Moderator: Asst.Prof. Awirut Oon-Arom, M.D., FRCPsychT
9.30 - 10.00	Keynote session: Learn and Live with the Global Eyes Wide Open for Elder Abuse Campaign Prof. Carmelle Peisah, M.B., RANZCP, Australia Moderator: Asst.Prof. Awirut Oon-Arom, M.D., FRCPsychT

10.00 - 11.15	Symposium session I: Loss, Learn, and Live I
	        Moderator: Chidchanok Ruengorn, Ph.D.
	Third Wave Therapies for Mental Health Problems: Mindfulness, Habit Change, and Happiness
	        Clin.Prof. Ronald O'Donnell, Ph.D., USA
	Precept-based Meditation: An Investigation to Timeless Wisdom for Personal Growth
	        Prof. Tinakon Wongpakaran, M.D., FRCPsychT, Thailand
	A Retrospective: What I've Lost, Learned and Lived During 50 Years as a Clinical Psychologist
	        Prof. Danny Wedding, Ph.D., MPH, USA
	
	Note: 20 minutes and 5 minutes Q&A /speaker

11.15 - 11.30	Coffee break

11.30 - 12.30	Research Presentation Session 1: 10-Minute Presentation and 3-Minute Q&A/Presenter
Onsite at Doi Nang Room and Zoom 1	**Onsite at Doi Nau Room and Zoom 2**
Discussant: Prof. Patraporn Bhatarasakoon, RN, Ph.D., FAAN Co-discussant: Asst.Prof.Rewadee Jenraumjit, BPharm, BCP **Aging Minds: Unpacking Mental Health in Aging** Can meditation and resilience buffer the effect of childhood and lifetime trauma in the development of geriatric depression and post-traumatic stress symptoms? **Moe Moe Yu, Thailand** The Relationship between Muay Thai and Perception of Wellness and Quality of Life in a Previously Sedentary group of Older Australian Adults **Dan Sullivan, Australia** The Role of Equanimity in Predicting the Mental Well-Being of the Residents in Long-Term Care Facility in Thailand **JJ Maung, Thailand** Remembering Death to Live Well: Death Contemplation among Thai Elderly Buddhist Meditation Practitioners **Alla Glushich, Thailand**	**Aging Minds: Unpacking Mental Health in Aging** Comparative Analysis of Subjective Well-Being Measurement Instruments: Implications for Pre-Retirement Planning in Thailand **Nattha Lertpanyawiwat, Thailand** Detecting Delirium in Older People: The Development of a New Web-based Tool for Family Caregivers **Jia Hou, Thailand** **Mind Matters Everywhere: Understanding Mental Health in Diverse Communities** Comparison of mental Health outcomes between straight and sexuality diverse students: A study in university students in Thailand **Jintang Li, Thailand** The Documentary Research to Synthesize the Pattern of Promoting Positive Psychological Capital of sports students in Thailand **Irisa Prommachan, Thailand** Mental Health, Risk Perception, and Risky Driving Behaviors among University Student Motorcycle Drivers in Northen Thailand **Xu Quan, Thailand**
12.30-13.30	Lunch break
13.30-15.00	Research Presentation Session 2: 10-Minute Presentation and 3-Minute Q&A/Presenter

Discussant: Assoc.Prof.Peerasak Lerttrakarnnon, MD

Co-discussant: Prof. Carmelle Peisah, MB, RANZCP

Mind Matters Everywhere: Understanding Mental Health in Diverse Communities

Barriers to Addressing Burnout Among Nurses: A Qualitative Study on Workplace Challenges and Solution

Tay Zar LIN, Thailand

The Validity and Reliability of the Chinese Version of the Screening Instrument for Borderline Personality Disorder

Hui Zhou, Thailand

Factors associated with anxiety and depression among Chinese working mothers

Jia Jao, Thailand

A Call for Change: Examining the Perception on Filing Mental Health Leaves in the Context of Stigma, Culture, and Familism Among Cebu-Based BPO Workers

Hannah Elizabeth L. Taboada, Philippines

The interplay among international students' personality traits, academic adaptation, and academic performance: A systematic review

Juang Rudianto Putra, Thailand

Discussant: Prof. Ronald R. O'Donnell, Ph.D.

Co-discussant: Prof. Danny Wedding, Ph.D., MPH

The World Around Us: How Environment Shapes Our Mental Health

Approaches to Promoting Javanese Dove Cage Crafts and Wisdom for Children

Wannisa Junhom, Thailand

Learning Activity Models for Developing Financial Literacy Among Thai Muslim Youth

Teeravee Phuengtambol, Thailand

Dimensions of Personnel Development through Training: A Framework for Future Research

Uangfa Khaoklom, Thailand

The Associate Between Architectural House Designs and Mental Health: A Study in Older People Living Independently in The Rural Areas of Chiang Mai Province

Baoqi Liu, Thailand

Social Impact Assessment: Limitations and Guidelines for Improvement to Align with the Local Context in Surat Thani Province, Thailand

Kanokkul Phetuthai, Thailand

Generational Perspectives on Happiness: A CrossGenerational Analysis Using the Burger Model of Happiness **Sirima Pholtape, Thailand**	Problems of Managing Stray Goats and Sheep in Communities around Pattani Bay, Thailand **Hassan Dumalee, Thailand**

15.00-15.15	Coffee break

15.45-16.45	**Symposium session II: Loss, Learn, and Live II**
	Moderator: Asst.Prof.Jiranan Griffiths, PhD, and Mr. Justin DeMaranville, MSc
	Loss, Learning, and Living in Light of Death
	  Justin DeMaranville, Thailand
	Resilience: Live and Learn Over Loss
	  Prof. Patraporn Bhatarasakoon, RN, PhD, FAAN, Thailand
	Nature relatedness, life strategy and mental health among pregnant women in Hungary
	  Assoc. Prof. Zsuzsanna Kövi, Hungary

Day 2: March 28th, 2025

Time (GMT+7)	Conference Program	
	Aromatherapy Workshop (Pre-registration required)	**Forest Bathing Workshop (Pre-registration required)**
	Workshop check-in: 8:30-9:00 Aromatherapy 9.00 – 10.30 Venue: Jao Nang Room, Kantary Hills Hotel	Workshop check-in: 7:45 – 8:00 Meeting Point: Kantary Hills Hotel lobby Departure time: 8.00 Venue: Doi Suthep Nature Center
10.30-11.00	**MHRC2024 Research presentation award ceremony** Moderator: Chidchanok Ruengorn, PhD Onsite at Jao Nang Room and online on Zoom1	
11.00-13.00	**4th Network in Education and Training in Mental Health meeting (nET-MH)** **Invitation only, lunch included**	

iMMH

4th MENTAL HEALTH RESEARCH CONFERENCE 2025

CALL FOR ABSTRACT

Abstract submission : now – January, 31, 2025

Theme: Loss Learn Live

OUR SPEAKERS

HYBRID CONFERENCE

KEYNOTE SPEAKER

Prof. Carmelle Peisah, M.B.B.S., M.D., FRANZCP (Australia)
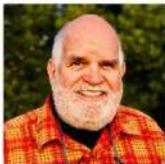
Prof. Danny Wedding, Ph.D. (USA)

Prof. Patraporn Bhatarasakoon, R.N., Ph.D., FAAN (Thailand)

Prof. Ronald O'Donnell, Ph.D. (USA)

Assoc.Prof. Zsuzsanna Kövi (Hungary)

Prof. Tinakon Wongpakaran, M.D., FRCPsychT (Thailand)

Justin DeMaranville, MSc (Mental Health)(Thailand)

27-28 March 2025   📍 **Kantary Hills Hotel Chiang Mai, Thailand**
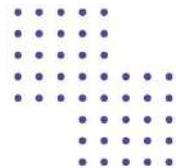
QR Code
MHRC2025 Website
and Registration

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www.immh-cmu.org 🌐

Keynote Session

: Learn and Live with the Global Eyes Wide Open for Elder Abuse Campaign

Prof. Carmelle Peisah, MB, RANZCP, Australia

President-Founder of Capacity Australia (ACCEPD)

Conjoint Professor, UNSW; Clinical Professor, Sydney University; Special Instructor, Chiang Mai University

Moderator: Asst. Prof. Awirut Oon-Arom, MD, FRCPsychT

Contents:

1. Defining Elder Abuse

- "A single or repeated act, or lack of appropriate action, in a relationship of trust that causes harm or distress to an older person." (WHO, 2008)
- Elder abuse is often under-recognized and grossly underestimated, despite affecting approximately 15.7% of older adults globally.

2. Rights and Legal Framework

- **Article 12**: Equal recognition before the law for people with disabilities, including protection from abuse.
- **Article 16**: Obligation of states to prevent and respond to violence, exploitation, and abuse of older persons, especially those with disabilities.
- Measures must be person-centered, regularly reviewed, and free from undue influence.

3. The 'Eyes Wide Open' Campaign

- Originated from the 2015 New South Wales State Inquiry into Elder Abuse.
- Emphasizes training and mandatory education for frontline workers in healthcare and community services.
- Focuses on equipping staff to recognize, screen for, and respond to signs of abuse.

4. Barriers to Recognition and Disclosure

- Professional denial or ignorance ("eyes shut") worsens the problem.
- Older people often hesitate to disclose abuse due to shame, fear, or dependency.
- Psychological abuse and financial exploitation are especially underreported.

5. Call to Action: Four Key Strategies

1. **Improve Screening**: Use checklists and screening tools systematically.
2. **Look to Ourselves in Health**: Confront institutional neglect and ageism, especially overuse of psychotropic medication in aged-care settings without informed consent — considered a form of elder abuse.
3. **Educate Other Sectors**: Train professionals in finance and law to detect and prevent financial exploitation of older adults.
4. **Support Global Awareness & Research**: Promote international reporting and collaborative action through UN and academic networks.

6. Examples of International Impact

- **India (Kumbh Mela)**: Community police trained to identify older adults with dementia.
- **Cambodia**: Elder abuse included among national mental health priorities.
- **Global Submissions**: Contribution to the UN Human Rights Commission on elder abuse and violence.

Conclusion:

To protect older adults and uphold their rights, we must act with eyes wide open — through education, systemic reform, and global cooperation. Elder abuse is not only a personal tragedy but a public health and human rights issue that demands immediate and collective action.

Asst. Prof. Awirut Oon-Arom, MD, FRCPsychT

Prof. Carmelle Peisah, MB, RANZCP

Symposium Session 1

: Third Wave Therapies for Mental Health Problems: Mindfulness, Habit Change, and Happiness

Clinic. Prof. Ronald O'Donnell, PhD, USA

Moderator: Chidchanok Ruengorn, PhD

Contents:

Unhealthy lifestyle behaviors—such as poor diet, physical inactivity, substance use, and chronic stress—are key drivers of rising non-communicable diseases, including diabetes, hypertension, and depression. Despite advancements in medical care, outcomes remain poor when these behavioral factors are not addressed. In low- and middle-income countries (LMICs), where access to trained psychotherapists is limited, integrating behavioral health into primary care is essential.

Emerging "third-wave" approaches—habit science, mindfulness, and positive psychology—offer practical, culturally adaptable strategies that are more scalable than traditional psychotherapies like CBT or Motivational Interviewing. Habit science explains how behaviors become automatic through cues, routines, and rewards. Small, consistent changes—such as replacing unhealthy snacks with mindful eating or short walks—can lead to sustainable health habits.

Mindfulness techniques like breathing meditation, loving-kindness, and body scans enhance awareness, reduce stress, and improve emotional regulation. These practices are well-aligned with cultural norms in Southeast and South Asia, making them suitable for inclusion in local training programs such as the SunCrane Health Advanced Course, which combines online modules, peer discussion, and self-assessment.

Positive psychology complements these strategies by focusing on intentional time use, meaningful activities, and gratitude. Research shows that engaging in acts of kindness, spending time in nature, or exercising regularly boosts happiness and well-being. Tools like time-tracking diaries help individuals reflect on what truly brings satisfaction, supporting intentional life choices.

Together, these three approaches offer a comprehensive framework for promoting mental and physical health. They empower health professionals to support lasting behavior change, build emotional resilience, and enhance quality of life across diverse cultural and healthcare settings.

: Precept-based Meditation: An Investigation to Timeless Wisdom for Personal Growth

Prof. Tinakon Wongpakaran, MD, FRCPsychT., Thailand

Contents:

In an increasingly uncertain post-pandemic world marked by ongoing conflicts and global stressors, there is a growing need to explore inner strength and psychological resilience. This presentation introduced *Precept-Based Meditation* as a promising avenue for personal growth and preventive mental health care.

Precept-based meditation integrates traditional ethical conduct (such as the Five or Ten Buddhist Precepts) with meditative practices. Unlike mindfulness meditation, which centers on non-judgmental awareness of the present, precept-based meditation emphasizes ethical living as a foundation for calm, insight, and emotional well-being. The practice aligns closely with principles of loving-kindness and compassion, functioning similarly to behavioral therapies like CBT—where consistent moral actions can shape thoughts and feelings.

This framework addresses the question: *Can meditation prevent stress-related disorders, particularly following man-made disasters?* The presentation suggested that combining ethical behavior with meditation could serve as a protective psychological buffer during times of adversity, including war and societal upheaval.

Key meditative techniques discussed include:

- Samatha (calm-abiding) meditation – using objects like kasina, breath, or death contemplation.
- Vipassana (insight) meditation – cultivating awareness of impermanence, non-self, and suffering.
- Loving-kindness meditation – promoting prosocial behavior, supported by neuroscience linking it to activity in emotion-related brain areas (insula, ACC, amygdala).

Scientific studies, although limited, show promising results. Practicing precepts has been associated with increased gray matter in the brain, improved emotional regulation, and reduced symptoms of anxiety and depression. Thai-based research among adolescents and older populations reveals that those who engage in precept-based meditation show higher resilience, self-esteem, and social support, along with fewer mental health problems compared to those practicing meditation alone.

There are several future research directions:

- Comparing Five, Eight, and Eleven Precepts
- Exploring neurocognitive mechanisms behind ethical conduct and mindfulness
- Integrating precept-based meditation with existing therapeutic modalities
- Investigating long-term impacts on trauma prevention and recovery

In line with the broader theme of *Loss-Learn-Live*, precept-based meditation offers not just a spiritual or cultural practice, but a scientifically and psychologically grounded tool for enhancing human capacity to withstand stress and cultivate inner peace. It is not merely about religion—it is about behavior, community well-being, and ethical living.

Ultimately, this approach may represent a *"next wave"* of meditative therapy—beyond mindfulness—helping individuals and societies prepare mentally for inevitable challenges and future losses.

: A Retrospective: What I've Lost, Learned and LIved During 50 Years as a Clinical Psychologist

Prof. Danny Wedding, PhD, MPH, USA

Contents:

Professor Danny reflects on his 50-year career as a clinical psychologist, highlighting his experiences, lessons learned, and personal growth. His journey began with his time as a Fulbright scholar in 1999, which he considers one of the greatest opportunities of his life. He returned to Chiang Mai in 2017 as a Fulbright specialist, contributing to the IMMH program and mentoring students. Over the years, he has recognized the profound impact of relationships, emphasizing that life's true meaning lies in the connections we share with loved ones. He expresses gratitude for his wife, children, and grandchildren, acknowledging their role in enriching his life.

As he reflects on aging, he contemplates the inevitable passage of time and the transition from youth to old age. He notes how his early career ambitions—such as building his academic credentials—have become less significant, while personal fulfillment has taken priority. His passion for literature, cinema, and writing continues to provide meaning, particularly through his contributions to psychological education and film critique. His engagement with Buddhism has deepened his understanding of mortality, inspiring him to embrace mindfulness and meditation. The philosophy of impermanence has shaped his perspective, encouraging him to cherish each moment and live with intention.

Now, in his later years, he has returned to Thailand to renew his commitment to meditation and Buddhism, believing this journey aligns with his lifelong search for purpose. He acknowledges the inevitability of death and strives to accept it with grace, using meditation as a tool for spiritual growth. Despite recognizing his insignificance in the grand scheme of life, he finds solace in the lasting impact of his contributions to psychology, education, and literature. His reflections highlight the importance of love, meaningful work, and inner peace as he continues his spiritual journey in Chiang Mai.
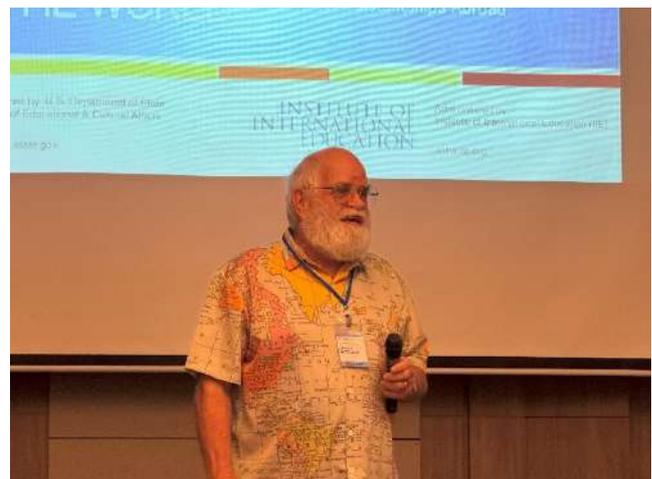
RESEARCH PRESENTATION SESSION 1A

Discussant: Prof. Patraporn Bhatarasakoon, RN, PhD, FAAN

Co-discussant: Asst.Prof. Rewadee Jenraumjit, BPharm, BCP

AGING MINDS:

UNPACKING MENTAL HEALTH IN AGING

Contributed papers

1. Can meditation and resilience buffer the effect of childhood and lifetime trauma in the development of geriatric depression and post-traumatic stress symptoms?

2. The Relationship between Muay Thai and Perception of Wellness and Quality of Life in a Previously Sedentary group of Older Australian Adults

3. The Role of Equanimity in Predicting the Mental Well- Being of the Residents in Long- Term Care Facility in Thailand

4. Remembering Death to Live Well: Death Contemplation among Thai Elderly Buddhist Meditation Practitioners

Can meditation and resilience buffer the effect of childhood and lifetime trauma in the development of geriatric depression and post-traumatic stress symptoms?

Moe Moe Yu[1], Kanokporn Pinyopornpanish[2], Nahathai Wongpakaran[1,3], Ronald R. O'Donnell[4], Tinakon Wongpakaran[1,3*]

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[2]Department of Family Medicine, Faculty of Medicine, Chiang Mai University

[3]Department of Psychiatry, Faculty of Medicine, Chiang Mai University, Chiang Mai 50200, Thailand

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Background: Traumatic events in life course can bring challenges to older adult population in terms of psychiatric and physical conditions. Trauma-exposed mental distress can elevate the prevalence of physical conditions such as cardiovascular diseases, diabetes, and dyslipidemia as well as psychiatric conditions such as depression and post-traumatic stress disorder or may be both. Resilience among this population with or without traumatic events is unclear to understand. Since cultural context promotes Thai population to practice many forms of meditation, the role of meditation and resilience on the relationship between traumatic events and mental health outcomes i.e., depression and PTSD symptoms are understudied.

Objectives: This study focused to identify the role of meditation and resilience among Thai older adults with or without having traumatic events in their lives. This research hypothesized that meditation or resilience will influence the relationship between traumatic events and the mental health outcomes (depression and PTSD symptoms) among clinical population of older adults.

Methods: A cross-sectional study was carried out on 194 older adults (mean age 68.37 ,SD ± 4.8984) who visited to tertiary care setting in Chiang Mai, northern Thailand. The research administered onsite at the geriatric clinics by data collecting about socio-demographic and medical conditions together with traumatic events questionnaires for both childhood (< 18 years) and lifetime using modified Traumatic Experience Scale (TES) & Traumatic Experience (TE), meditation experience by using Inner Strength Based Inventory (ISBI), resilience by Resilience Inventory (RI), depression by Thai Geriatric Depression Scale (TGDS-6) and post-traumatic stress symptoms by PTSD Checklist for civilian (PCL-C). Correlation and mediation analysis was performed.

Results: Means of traumatic event are 1.53 (SD ±1.936) & 1.31 (SD ±1.779) and distribution as 63.6% & 60.2% for childhood and lifetime traumatic experience, respectively. The majority of samples do meditation practices in between "meditate on some occasions" and "meditate often but not every day". Resilience level of the samples is above "Average". Initial findings suggested that there is significant relationship between childhood trauma, lifetime trauma, depression, and PTSD symptoms. Education, monthly income, and familial relationship are significantly correlated to depression and PTSD symptoms.

Conclusions: Initial findings suggested there is only weak association between mediating or moderating variables, independent and outcome variables. But there is strong relationship between traumatic events and two mental health outcomes among clinical older adults. More concrete analysis is needed to determine the role of meditation and resilience influencing the relationship between traumatic events and mental health outcomes. Socio-demographic data diagnosed medical and psychiatric conditions should be adjusted to understand more about subgroups.

The Relationship between Muay Thai and Perception of Wellness and Quality of Life in a Previously Sedentary group of Older Australian Adults

Dan Sullivan[1*], Richard Lakeman[1], Luke Del Vecchio[2,] Michael Woodward[3]

[1]Faculty of Health. Southern Cross University Bilinga, Queensland, Australia

[2]Physical Activity, Sport and Exercise Research, Faculty of Health, Southern Cross University, Bilinga, Queensland, Australia

[3]Ascend Martial Arts Gym, South Tweed Heads, NSW Australia

*Corresponding Author

Objective: This study used a mixed methods design comprising a quasi-experimental and qualitative analysis informed by constant comparative analysis to compare the effects of participation in modified Muay Thai on participants sense of wellbeing and quality of life.

Methods: This longitudinal study was conducted on the Southern Gold Coast in Southeast Queensland Australia and recruited a convenience sample *(n=20)* of previously sedentary older Australian Adults (*mean age = 66.0 years, SD = 9.33)* as well as a comparison group *(n = 7, mean age = 68 years, SD = 4.1).* Reliable instruments including the SF12 and PERMA Profiler, were used to measure wellbeing and quality of life before and after the 12-week programme where the Muay Thay group trained twice weekly. Semi-structured interviews were conducted at the end of the programme to give context to the quantitative results and address potential attrition of the study participants. Participants in the comparison group engaged in walking at a similar intensity and duration.

Results: Preliminary statistical indicates the Muay Thai group improved ($p < 0.05$) from baseline on almost all mental health variables. However, analysis using a 'linear mixed effects model' indicated the difference between groups was less pronounced. Qualitative analysis identified distinct motivational factors that influenced participants' decision to initiate and engagement in the respective exercise programmes.

Conclusions: The findings suggest that participation in Muay Thai can improve older adults' well-being and quality of life over 12 weeks. Additionally, this study highlights the significance of understanding motivational factors in selecting and maintaining physical activity programs for previously sedentary older adults, which is critical for addressing the challenges of aging populations.

The Role of Equanimity in Predicting the Mental Well- Being of the Residents in Long-Term Care Facility in Thailand

J J Maung[1], Justin DeMaranville[1], Tinakon Wongpakaran[1,2], Carmelle Peisah[1,3,4], Suthikarn Arunrasameesopa[5] and Nahathai Wongpakaran[1,2*]

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Background and Objectives: Thailand's population is rapidly aging. The prevalence of mental health issues including depression, loneliness, and lower quality of life amongst older people in long-term care (LTC) facilities in Thailand warrants study (Queirós et al, 2021; Wongpakaran & Wongpakaran, 2012). Positive psychological strengths encouraged in Buddhist practices in Thailand have the potential to influence negative mental health outcomes. Equanimity, characterized as an accepting and balanced reaction to positive or negative events, may play a role in older people's well-being (Wongpakaran et al, 2021). The purpose of the study is to assess equanimity in LTC residents and to determine if it is a significant predictor of the mental well-being of the residents.

Materials and Methods: The cross-sectional data was obtained from 236 LTC residents in Thailand. Equanimity was measured using the Inner Strength-Based Inventory (iSBI) and mental well-being from the Thai Geriatric Depression Scale (TGDS-6). Demographic factors, depression, loneliness, and other inner strengths were also explored as covariates in a multiple regression analysis.

Results: The mean scores for equanimity (Mean = 3.78 ± 1.00) and mental well-being (Mean = 0.720 ± 0.449) were determined. The multiple regression analysis found equanimity significantly predicted well-being (B = 0.593, p = 0.002) along with depression (B = -0.395, p = >0.001) and mindfulness (B = 0.355, p = 0.046).

Conclusions: The results may guide the development of equanimity-based interventions to improve mental health among LTC seniors, therefore developing an improved understanding of positive psychological approaches for this population.

Remembering Death to Live Well: Death Contemplation among Thai Elderly Buddhist Meditation Practitioners

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Objective: Death contemplation promotes accepting attitudes toward death and instils a sense of urgency to practice and engage in spiritual development. Though several Buddhist meditative practices have been explored extensively in mental health research, studies on death contemplation remain scarce. The current research aimed to explore the effects of death contemplation, conceptualised as understanding of death consistent with Buddhist teachings and frequency of death contemplation practice, on depression, well-being, and gratitude among Buddhist Thai elderly meditation practitioners.

Method: This study employed a cross-sectional design to collect data from Buddhist Thai elderly meditation practitioners in Northern Thailand. The survey included questions about sociodemographic characteristics, death contemplation (MoQ – level of death contemplation as consistent with Buddhist teachings & MMEQ – frequency of death contemplation practice in the past month and feelings after meditation), well-being (WHO-5-T), depression (OI-21) and gratitude (GI-6). Data was collected from August to October 2024 and in SPSS with PROCESS.

Results: The final sample consisted of 332 Thai elderly (68.12 ± 6.86 years, 66% female). Participants had a high level of death understanding consistent with Buddhist teachings, scoring a mean of 29.66±4.45 on MoQ. The MMEQ mean score of 4.93±2.12 indicated a moderate level of death contemplation practice in the past month. The MMEQ score had a significant positive correlation with MoQ, showing that death contemplation practice increases understanding of death ($r = .538$, $p < 0.001$). When rating feelings after mediation on a scale from 0–10, calmness and equanimity were ranked highest (8.10 and 8.03, respectively). A t-test revealed that those who scored 29 or above on the MoQ had significantly lower level of depression (mean = 2.24±2.4) than those who scored lower (mean = 3.14±3.12), $t(330) = 2.989$, $p < .005$. High MoQ group also showed higher levels of gratitude (mean = 26.86±3.36) compared to low MoQ group (mean = 25.71±3.99), $t(330) = -2.853$, $p < .01$, and well-being (mean = 20.23±4.01 and 17.47±4.93, respectively), $t(330) = -5.617$, $p < .001$.

Conclusions: The current study showed how death contemplation practice contributes to understanding of death consistent with Buddhist teachings, further promoting development of gratitude and well-being and protecting against depression among Buddhist Thai elderly meditation practitioners in Northern Thailand.

RESEARCH PRESENTATION 1B SESSION

Discussant: Prof. Danny Wedding, PhD, MPH

Co-discussant: Prof. Carmelle Peisah, MB, RANZCP

AGING MINDS:
UNPACKING MENTAL HEALTH IN AGING

Contributed papers

1. Comparative Analysis of Subjective Well-Being Measurement Instruments: Implications for Pre- Retirement Planning in Thailand

2. Detecting Delirium in Older People: The Development of a New Web-based Tool for Family Caregivers

MIND MATTERS EVERYWHERE:
UNDERSTANDING MENTAL HEALTH IN DIVERSE COMMUNITIES

Contributed papers

1. Comparison of mental health outcomes between straight and sexuality diverse students: A study in university students in Thailand

2. The Documentary Research to Synthesize the Pattern of Promoting Positive Psychological Capital of sports students in Thailand

3. Mental Health, Risk Perception, and Risky Driving Behaviors among University Student Motorcycle Drivers in Northen Thailand

Comparative Analysis of Subjective Well-Being Measurement Instruments: Implications for Pre- Retirement Planning in Thailand

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Objective: Thailand's rapid demographic transition toward an aging population necessitates effective retirement planning and quality of life (QoL) management. This study evaluates the applicability of three internationally recognized subjective well-being (SWB) measurement tools to the socio-cultural context of Thailand, focusing on insured individuals under the social security system in Songkhla Province. The research aims to identify culturally relevant dimensions of well-being and propose a hybrid SWB framework tailored to Thai retirees.

Design: A documentary research design was adopted to analyze the strengths, limitations, and cultural adaptability of the Older People's Quality of Life (OPQOL) scale, CASP-19 (Control, Autonomy, Self-realization, and Pleasure), and WHOQOL-OLD (World Health Organization Quality of Life for Older Adults). A comparative matrix of key QoL indicators was employed to systematically evaluate these tools.

Method: The study conducted a detailed comparative analysis of the three tools, focusing on their relevance to Thai retirees' well-being. Documentary data, including international literature and local cultural studies, informed the development of a structured analytical framework. Each instrument was assessed for its ability to address dimensions such as physical health, financial security, social engagement, autonomy, and spirituality.

Results: The OPQOL scale emphasizes physical health, financial security, and social relationships but lacks coverage of cultural dimensions like spirituality. CASP-19 effectively highlights autonomy and personal fulfillment but overlooks social engagement and emotional connections. WHOQOL-OLD offers a holistic view of well-being, addressing social participation and intimacy, but its complexity hinders practical application in low-resource settings. A hybrid SWB framework integrating elements from all three tools was developed. This culturally sensitive framework incorporates financial security, family support, community engagement, and spiritual well-being, which are critical in the Thai context.

Conclusions: The study underscores the importance of financial security, autonomy, and social participation in shaping retirees' QoL in Thailand. The proposed hybrid SWB framework provides a robust foundation for designing culturally tailored retirement planning programs. Policymakers can leverage this framework to develop effective interventions that address the unique needs of Thai retirees. The findings also offer a transferable model for other middle-income countries undergoing similar demographic transitions.

Keywords: Subjective well-being, Social security, Retirement planning, Quality of life, Thailand.

Detecting Delirium in Older People: The Development of a New Web-based Tool for Family Caregivers

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Background: Delirium, a severe neuropsychiatric syndrome characterized by acute cognitive disturbances and fluctuating consciousness, is common in older adults. This study aimed to develop a new web-based tool for family caregivers in Thailand to detect delirium in older people.

Material and Methods: The devselopment process included a literature review, expert interviews, key informant consultations, focus group discussions, expert content validity, and a pilot test of the tool. The tool includes a 22-item symptom checklist that guides family caregivers through questions to assess delirium symptoms accurately, accessible on both personal computers and mobile devices, supporting Thai and English. Additionally, it provides daily homecare guidance and emphasizes early detection. Face and content validity was ensured through expert reviews, resulting in a Content Validity Index (CVI) of 1.00. Scoring criteria were established to gauge the frequency and severity of symptoms. Pretests with 17 participants and pilot tests with 11 participants provided iterative feedback for refining the tool.

Results: During the pilot test with 11 participants, the tool was found to be feasible and received high satisfaction rates; 54.5% "Liked" the website, and 18.2% "Liked it a Lot." Ease of use was reported as "Very Easy" by 36.4% and "Easy" by another 36.4%. Understanding of the content was generally high, with 45.5% of participants reporting that they "Well Understand" the content and 45.5% indicating that they "Fairly Understand" it. The average time spent on the tool was 9.09 ± 2.10 minutes. The average time spent on the tool was 9.09 ± 2.10 minutes, with the questionnaire taking about 5 minutes. Key symptoms identified included temporal disorientation, inattention, sleep disturbances, mood fluctuations, and difficulties in organizing thoughts. Symptom onset and fluctuations varied, with 54.5% experiencing fluctuations within a day. Total scores from the tool provided an aggregate measure of delirium severity.

Conclusion: The Delirium Detection Tool proved to be practical, user-friendly, and effective for family caregivers in detecting delirium. The positive feedback underscores the tool's potential to aid significantly in the early detection and management of delirium in older adults. Further study and investigation in a larger population are required.

Comparison of mental health outcomes between straight and sexuality diverse students: A study in university students in Thailand

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Background: University students, especially those identifying as sexuality diverse, are particularly susceptible to mental health challenges such as anxiety, depression, and stress due to academic pressures and social difficulties. Despite representing over 10% of the global student population, sexuality diverse students often lack adequate institutional support. In Thailand, cultural beliefs, societal stigma, and insufficient legal protections further exacerbate these issues, creating barriers to mental well-being and access to resources. Discrimination and social isolation, both online and offline, heighten the mental health risks for sexuality diverse students. This study seeks to compare the mental health outcomes of straight and sexuality diverse students in Thailand, aiming to shed light on these disparities and provide insights for enhancing support systems in higher education. **Objectives:** The aim of this study is to explore different aspects of mental health, focusing on both the negative (such as depression, anxiety, and stress) and the positive outcomes (such as inner strengths, resilience, and perceived social support). Additionally, the study seeks to understand the differences in these mental health outcomes between straight and sexuality diverse students. **Design:** A cross-sectional survey was conducted to compare mental health outcomes between straight and sexuality diverse university students in Chiang Mai, Thailand. **Methods:** A study was carried out at Chiang Mai University in Thailand with 428 students aged 20-30. The study aimed to examine various aspects of mental health, such as depression, anxiety, stress, resilience, inner strength, and perceived social support. The main focus of the analysis was to determine the variations in mental health outcomes between students with different sexual orientations. Validated questionnaires were used to collect data, and statistical methods were employed to identify significant differences and relationships among the variables. **Results:** Sexuality diverse students exhibited significantly higher levels of depression compared to their heterosexual counterparts (p < .05), even after controlling for confounding variables (B = 0.91, p = .024). Additionally, perceived social support was notably lower among sexuality diverse students (B = -0.26, p = .037), suggesting that social isolation is a significant risk factor for negative mental health outcomes. Furthermore, perceived social support was identified as a protective factor, with higher levels linked to reduced depression, anxiety, and stress, as well as enhanced resilience and inner strength (p < .01). However, no significant differences were observed in anxiety and stress levels between the two groups.

Conclusions: The results indicate that sexuality diverse students are more vulnerable to mental health disparities, particularly with higher levels of depression and lower social support. To address these issues, universities should implement mental health interventions that are inclusive of LGBTQ+ individuals, promote peer and family support networks, and cultivate safer, more inclusive educational settings. Enhancing institutional mental health policies and broadening LGBTQ+ support systems can be vital in improving the psychological well-being and academic achievements of sexuality diverse students in Thailand.

The Documentary Research to Synthesize the Pattern of Promoting Positive Psychological Capital of sports students in Thailand

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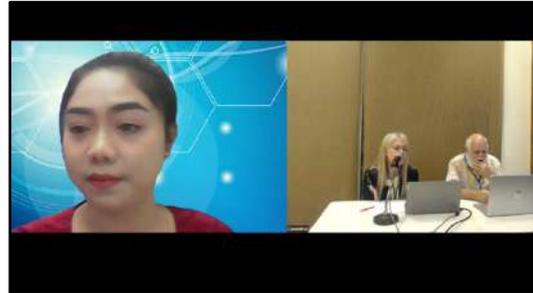
Background and objective: This documentary research aimed to synthesize models for promoting positive psychological capital for sports students in Thailand. Data from previous document synthesis and research indicates a gap in the study of positive psychological capital among sports students or that in the context of sports professions which is the development of potential in another crucial dimension leading to holistic development.

Materials and methods: The researcher studied academic articles and research articles on positive psychological capital development models in the educational context from 2017-2024 that were published and appear in online databases of academic journals in Thailand using Scott's (1990; 2006) selection criteria (inclusion criteria). Data were synthesized for positive psychological capital development models using content analysis.

Results: The results of the study show that the positive psychological capital promotion can be classified into three models as follows: Model 1 is counseling which is a process that focuses on members accepting themselves; respecting and believing in themselves; increasing their efficiency in solving problems; enhancing their ability to lead themselves, rely on themselves, and taking responsibility for themselves; and adjusting to appropriate approaches. Model 2 is training which is a group process with a specific structure, predetermined program goals, and a focus on development and change. Model 3 is a group activity which is a process that focuses on interactions between individuals, giving members the opportunity to help one another and behavior modification.

Conclusion: The results of this study will be useful to those involved in taking care of student athletes for planning and designing activities to promote positive psychological capital of students in the context of Thai society, and provide basic information leading to planning and policy making to promote and care for health in the psychological dimension and to truly cover all dimensions of development, including physical, mental and social dimensions.

Keywords: Positive Psychological Capital Promotion Model; Sports Students; Positive Psychological Capital

Mental Health, Risk Perception, and Risky Driving Behaviors among University Student Motorcycle Drivers in Northen Thailand

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Background: Risky driving behaviors are a leading cause of road traffic accidents, particularly among young motorcyclists. While previous research has examined various predictors of risky driving, the role of risk perception, mental health factors, sleep-related variables, and beliefs remains inconsistent. This study aims to investigate the contributions of these factors to risky driving behaviors among university motorcycle riders in Northern Thailand.

Objectives: This study seeks to (1) examine the levels of risk perception, mental health and sleep status, and risky driving behaviors among young motorcyclists, (2) determine the relationships between these factors, and (3) assess the predictive impact of sociodemographic factors, risk perception, mental health and sleep-related variables, and beliefs on risky driving behaviors.

Methods: A cross-sectional online survey was conducted among 250 university motorcycle riders in Chiang Mai, Thailand. The study utilized validated measurements, including the Motorcycle Rider Behavior Questionnaire (MRBQ), Epworth Sleepiness Scale (ESS), Insomnia Severity Index (ISI), Adult ADHD Self-Report Scale (ASRS), and subscales for borderline and antisocial personality traits (SI-Bord, SCID-II-PQ-Antisocial). Correlation analysis and multiple regression analysis was performed to identify significant predictors of risky driving behaviors.

Results: The final regression model was statistically significant ($F_{(13, 236)}$ = 10.931, $p < 0.001$, adjusted R^2 = 0.341), explaining 34.1% of the variance in risky driving behaviors. Daytime sleepiness (ESS) was the strongest predictor (β = 0.240, $p < 0.001$), followed by beliefs about peers' risky driving (β = 0.200, $p < 0.001$) and borderline personality disorder symptoms (SI-Bord, β = 0.172, p = 0.006). Risk perception negatively predicted risky driving behaviors (β = -0.137, p = 0.022), but its predictive power was weaker than other psychological and belief-based variables. Additionally, antisocial personality disorder symptoms (SCID-II-PQ-Antisocial, β = 0.130, p = 0.025) and functional beliefs (β = 0.153, p = 0.029) were significant positive predictors of risky driving behaviors. Subscale analysis further revealed that risk perception significantly predicted traffic errors (β = -0.215, $p < 0.001$) but not other risky driving behaviors.

Conclusions: Findings suggest that excessive daytime sleepiness, personality disorder symptoms, and beliefs about peers' risky driving play a crucial role in predicting risky driving behaviors, surpassing the influence of risk perception. Interventions should prioritize addressing sleep-related impairments, emotional regulation, and social norm shifts, rather than solely focusing on risk awareness campaigns. Future research should further explore cultural and contextual influences to enhance road safety policies in Thailand and other Southeast Asian countries

RESEARCH PRESENTATION 2A SESSION

Discussant: Assoc.Prof.Peerasak Lerttrakarnnon, MD

Co-discussant: Prof. Carmelle Peisah, MB, RANZCP

MIND MATTERS EVERYWHERE:

UNDERSTANDING MENTAL HEALTH IN DIVERSE COMMUNITIES

Contributed papers

1. Barriers to Addressing Burnout Among Nurses: A Qualitative Study on Workplace Challenges and Solution

2. The Validity and Reliability of the Chinese Version of the Screening Instrument for Borderline Personality Disorder

3. Factors associated with anxiety and depression among Chinese working mothers

4. A Call for Change: Examining the Perception on Filing Mental Health Leaves in the Context of Stigma, Culture, and Familism Among Cebu-Based BPO Workers

5. The interplay among international students' personality traits, academic adaptation, and academic performance: A systematic review

6. Generational Perspectives on Happiness: A Cross- Generational Analysis Using the Burger Model of Happiness

Barriers to Addressing Burnout Among Nurses: A Qualitative Study on Workplace Challenges and Solution

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Objective: The main object of this study was to evaluate the factors which contribute to burnout among the nurses in hospital settings, identify some barriers to getting help, and propose solutions on how to handle these challenges. The recommendation should be such that it was actionable for a healthcare organization to improve work culture and its support system for their nurses.

Design: This qualitative study used a thematic analysis approach to data collected from semi-structured interviews with nurses across eight hospital departments. The study aimed at capturing the lived experiences of the nurses and identifying systemic issues that contribute to burnout.

Method: Participants were selected using purposive sampling. Eight nurses were virtually interviewed via Zoom, and verbatim transcriptions were analyzed using thematic analysis. This study employed Braun and Clarke's five-step framework for thematic analysis. To ensure rigour and reliability, two independent reviewers independently coded two transcripts and compared their results to enable data triangulation of analysis. The remaining transcripts were coded in the QualCoder 3.5 program, which assisted in systematic data organization and analysis.

Results: Four major themes emerged from the analysis:

1. Workload and Staffing Issues: The nurses reported high patient-to-nurse ratios, long and unpredictable hours, and the impact of workload on personal well-being.

2. Stigma and Fear of Consequences: Burnout was often stigmatized, with nurses fearing career repercussions and hesitating to burden colleagues.

3. Support Systems and Managerial Role: There were support systems, such as the Employee Assistance Program, which was rarely used because it is not very well publicized. It would seem that managerial support and support from peers may be the only variables that reduce the incidence of burnout.

4. Communication and Interdepartmental Coordination: Communication gaps and poor interdepartmental coordination were one of the major sources of stress, especially in high-pressure departments like ED and OT.

Conclusion: The study showed the multidimensional nature of nurse burnout and urges systemic changes aimed at reducing workload, removing stigma, and enhancing support mechanisms. Included among the major recommendations are staffing level increases, openness in discussing one's mental state, managerial support, and coordination between departments. Other interventions to be tested for their effectiveness in mitigating burnout among nurses include peer support groups and managerial training programs. For future research, it is suggested to perform a mixed-method study to provide a more comprehensive understanding of the burnout. These findings have strong implications for health policy and practice, including building a supportive work environment for nurses.

The Validity and Reliability of the Chinese Version of the Screening Instrument for Borderline Personality Disorder

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Background: Adolescence is the typical time for the onset of borderline personality disorder (BPD). It has been reported that university students can be reliably diagnosed as having BPD symptoms. Screening for BPD symptoms among Chinese university student is crucial. Screening Instrument for Borderline Personality Disorder (SI-Bord) is widely used to assess general BPD symptoms, showing validity and reliability in various populations. Despite being translated and culturally modified, the psychometric features of the Chinese version of the SI-Bord have not been investigated in a Chinese population. This study aimed to examine the psychometric properties of the Chinese version of the SI-Bord among Chinese university student using Confirmatory Factor Analysis (CFA). **Methods:** A total of 715 Chinese university student participated in this study. All completed the SI-Bord along with the Perceived Stress Scale (PSS-10), Meaning in Life Questionnaire (MLQ), Experience in Close Relationships Revised (ECR-R) and Rosenberg Self-Esteem Scale (RSES). Factorial validity was conducted using CFA, hypothesizing a unidimentional model to fit the data. Convergent and discriminant validity were tested by exploring correlations with the PSS-10, MLQ, ECR-R and RSES. Invariance testing of the SI-Bord was conducted across multiple groups of genders, ages, and family income levels using CFA. The reliability of the CSI was examined by McDonald's omega coefficients (Ω) and composite reliability using CFA. **Results:** The unidimensional model showed adequate model fit indices ([chi2 = 25.518 (df = 6, N = 715, p ≤ .001)]; CFI = 0.969; TLI = .937; RMSEA = 0.076; SRMR = .0314). The moderate to high correlations between individual items and the total score, indicating acceptable internal consistency. The SI-Bord scale shows significant correlations with the Perceived Stress Scale (r = 0.359, p < 0.001) and ECR-R (attachment anxiety) (r = 0.481, p < 0.001), demonstrating convergent validity. It has a weaker correlation with the MLQ (r = -0.137, p < 0.001). Non-significant correlations with ECR-R (attachment avoidance) and RSES (self-esteem) provide strong evidence for discriminant validity. The Chinese version of the SI-Bord demonstrated good consistency (overall scale: Ω = 0.728). Invariant tests supported scalar invariance levels based on gender, age, and family income groups. **Conclusion:** Psychometric properties indicate that the Chinese version of the SI-Bord is reliable and valid, making it suitable for screening BPD symptoms among Chinese university students. Further research on other Chinese populations is encouraged.

Keyword: psychometric property, factor structure, validity, reliability, measurement, SI-Bord, BPD

Factors associated with anxiety and depression among Chinese working mothers

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Background: This study aimed to investigate associated factors with anxiety and depression among working mothers in China.

Methods: A cross-sectional survey was conducted from October to November 2024 among 330 working mothers aged 30–45 in China, involving an online survey. Effects of biopsychosocial variables were investigated, including parental stress, inner strength, interpersonal relationships, perceived social support, anxiety and depression. Descriptive analysis, ANOVA, Chi-square, Pearson's correlation, and Multiple linear regression were used to identify the variables.

Results: This study found the prevalence was 56.1% for anxiety and 38.2% for depression in Chinese working mothers. Multiple linear regression analysis showed that hormonal fluctuations (B = 0.982, $p < 0.05$), family history of mental health illness (B = 2.727, $p < 0.05$), physical disease(s) (B = 1.224, $p < 0.05$), parental stress (B = 0.143, $p < 0.01$), interpersonal relationships (B = 0.622, $p < 0.01$), ECR_Anxiety (B = 0.081, $p < 0.03$) showed a significant

positive association with anxiety symptoms. Inner strength (B = -0.075, $p < 0.05$) had a significant negative association with anxiety symptoms. Parental stress (B = 0.106, $p < 0.01$), interpersonal relationships (B = 0.457, $p < 0.01$), ECR_Anxiety (B = 0.079, $p < 0.01$) had a significant positive association with depression symptoms. Inner strength (B = -0.082, $p < 0.01$) and educational level (B = -0.401, $p < 0.05$) had a significant negative association with depression symptoms.

Conclusion: This study discovered a relatively high prevalence of anxiety and depression among Chinese working mothers. And the factors that cause their anxiety and depression are diverse.

A Call for Change: Examining the Perception on Filing Mental Health Leaves in the Context of Stigma, Culture, and Familism Among Cebu-Based BPO Workers
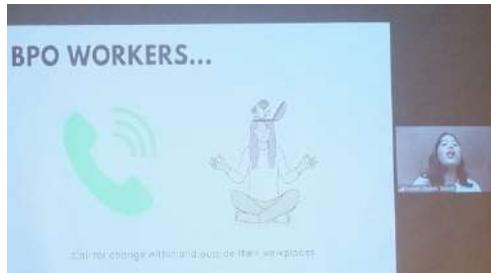
Borja, Brithney F., Go, Danica Renee N., Paner, Hannah Sophia A., Pogoy, Aubrey A., Taboada, Hannah Elizabeth L.

University of the Philippines

Objective: This study investigates the factors influencing employees' decisions to file for mental health leave within the BPO industry in the Philippine context, focusing on stigma, organizational culture, and familism.

Materials and methods: It also employed a mixed-methods approach with 91 participants aged 20–34 years old from various call centers in Cebu City. Quantitative data were analyzed using binary logistic regression and chi-square, and qualitative insights were gathered through the pakikipanayam method and analyzed using reflexive thematic analysis.

Results: Results indicate that organizational stigma significantly affects employees from taking mental health leave due to fears of judgment and workload pressure. Supportive workplace cultures encourage mental health leave utilization, whereas pressured work environments discourage it. Familism presents mixed results; quantitative data shows no significant relationship, but qualitative findings reveal familial responsibilities often deter unpaid leave, though some view it as a way to better support their families. This is due to the participants' young ages and little experience in the BPO industry, which means that they had little power over their ability to take mental health leaves.

Conclusion: Practical implications include advocating for paid mental health leave and promoting supportive workplace environments. By addressing financial and cultural barriers, organizations can enhance employee well-being and productivity. These findings contribute to the discourse on mental health leave policy in the Philippines.

Keywords: BPO, work, mental health, leave, organization, familism, stigma

The interplay among international students' personality traits, academic adaptation, and academic performance: A systematic review

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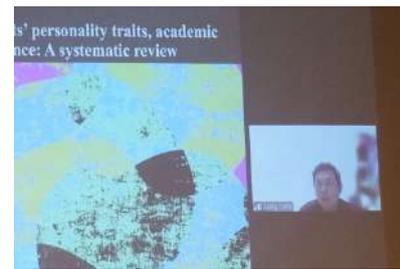
Background and objectives: It is undeniably true that international students frequently encounter significant obstacles when attempting to adjust to a new sociocultural and educational setting. However, the shift from adjustment to adaptation involves various, complex, possibly lengthy and problematic processes, stipulating sojourners to be resilient in order to succeed. Consequently, international students themselves as individuals must possess strong determination and other characteristics necessary in order to achieve success in pursuing their overseas education. This present systematic review aims at examining the correlation between international students' personality traits and their ability to adapt to their new academic environment, focusing on how these variables impact their academic performances.

Materials and methods: A systematic search was conducted on reputable databases e.g., ERIC, Scopus, and Web of Science for research papers published from 2000 to 2024 that evaluated the relation between international students' personality traits which were measured mainly by the Big Five Factor Model and their adaptation in new host environments. The review took into account research focusing on not only undergraduate students, but also those pursuing graduate education. As of now, 12 relevant studies have been identified.

Results: Preliminary findings reported that traits such as conscientiousness was positively correlated with better academic adaptation and overall performance, especially in dealing with stress and navigating cultural differences. Openness to experience was reported to assist the actualization of smoother transitions in multicultural environments, although its impact on academic achievement was varied across the existing studies. However, a methodological limitation such as small sample size was observed, making it difficult to generalize the findings. The review is still taking place, more data are being extracted and analyzed in order to provide comprehensive views about how personality traits contribute to academic adaptation of international students. This review is expected to offer recommendations for future related research and implications for helping international students gain better adaptation and achieve academic success.

Keywords: Personality traits, academic adaptation, academic achievement

Generational Perspectives on Happiness: A Cross- Generational Analysis Using the Burger Model of Happiness

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Objective: Happiness is shaped by personal values, society, and life experiences. The Burger Model of Happiness categorises it into hedonism (immediate pleasure), rat race (long-term sacrifice), nihilism (disengagement), and true happiness (balance between present and future well-being). Generations prioritise these differently. Generation X (1965-1980), shaped by the 1997 financial crisis, values long-term sacrifice; Generation Y (1981-1996), the "sandwich generation," balances career, family, and stress; Generation Z (1997-2012), growing up in rapid change, faces social media influence and economic uncertainty. However, limited research applies this model to generational differences. This study seeks to bridge this gap by examining how different generations approach happiness through this framework.

Design: A cross-generational survey was conducted to compare how the three generations relate to the four happiness constructs. The study aimed to identify patterns in happiness perspectives across generations and investigate whether distinct life experiences contribute to different approaches to well-being.

Method: A total of 142 participants (60 from Generation X, 52 from Generation Y, and 30 from Generation Z) voluntarily completed a 5-point Likert scale questionnaire consisting of 12 items, with three items assigned to each happiness approach. Participation was confidential and anonymous, ensuring privacy and reducing response bias. One-way ANOVA was used to identify statistically significant differences between generations, followed by post hoc Tukey tests to analyse pairwise comparisons.

Results: The ANOVA results showed significant generational differences in hedonism ($p = 0.012$), rat race ($p = 0.005$), and nihilism ($p < 0.001$). More specifically, Generation X prioritises long-term sacrifice, Generation Z exhibits higher nihilism and hedonism, and Generation Y maintains a balanced approach. Generation Z's hedonism reflects a preference for immediate pleasure, while its nihilism suggests disengagement from life's purpose. Generation X's rat race mentality stems from traditional career expectations, emphasizing perseverance. Despite these differences, happiness scores remained consistent across generations ($p = 0.150$), indicating that true happiness remains an ideal, not solely achieved through long-term sacrifice or short-term gratification.

Conclusion: Older generations prioritise long-term sacrifice, while younger generations lean toward hedonism and nihilism. Generation X's rat race mindset reflects traditional career expectations, whereas Generation Z's hedonism potentially stems from social media and instant gratification. Rising nihilism among younger generations may result from economic instability and future uncertainty. These findings highlight the need for adaptable life strategies in a changing world, contributing to discussions on mental health, career motivation, and generational well-being.

RESEARCH PRESENTATION SESSION 2B

Discussant: Prof. Ronald R. O'Donnell, PhD

Co-discussant: Prof. Danny Wedding, PhD, MPH

THE WORLD AROUND US:

HOW ENVIRONMENT SHAPES OUR MENTAL HEALTH

Contributed papers

1. Learning Activity Models for Developing Financial Literacy Among Thai Muslim Youth

2. Dimensions of Personnel Development through Training: A Framework for Future Research

3. The Associate Between Architectural House Designs and Mental Health: A Study in Older People Living Independently in The Rural Areas of Chiang Mai Province

4. Social Impact Assessment: Limitations and Guidelines for Improvement to Align with the Local Context in Surat Thani Province, Thailand

5. Problems of Managing Stray Goats and Sheep in Communities around Pattani Bay, Thailand

Approaches to Promoting Javanese Dove Cage Crafts and Wisdom for Children

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Background and objective: Javanese dove cage craftsmanship in Chana District, Songkhla Province, Southern Thailand, represents the traditional wisdom of the local way of life, passed down through generations. Each type of dove cage is uniquely designed, integrating local art and meticulous craftsmanship, which gives it a distinct cultural identity. However, the transfer of this knowledge to younger generations is steadily declining.This study, titled *"Approaches to Promoting Javanese Dove Cage Crafts and Wisdom for Children,"* aims to explore strategies to revitalize and sustain this valuable tradition among children.

Methods: Using documentary research methods guided by Scott's framework (1990; 2006), the study analyzes relevant literature and practices to identify effective approaches.

Results: The findings reveal the following: 1) Educators responsible for transferring traditional knowledge must consider children's developmental potential when designing methods to effectively pass on the wisdom of Javanese dove cage craftsmanship. 2) Learners should be encouraged to engage actively as producers of crafts, with opportunities and platforms provided for showcasing their work. 3) Learning content and formats should be adjusted to suit different age groups, emphasizing foundational skills and proactive, hands-on learning approaches. 4) Educational tools and materials should be developed to enhance the skills required for crafting Javanese dove cages.

Conclusion: These tools should bridge the gap between theoretical knowledge and practical application, ensuring learners not only understand the transmitted wisdom but also achieve meaningful learning outcomes.

Keywords: Learning, Wisdom, Craftsmanship, Javanese Dove Cages

Learning Activity Models for Developing Financial Literacy Among Thai Muslim Youth

Teeravee Phuengtamboll[1], Abdullah Chelong[1], Sumsoo Sau[1], and **Mahmood Hayeemad[1]**

[1]Prince of Songkla University, Thailand

Background and objective: The lack of financial literacy among youth has a significant impact on both society and the economy. Therefore, fostering financial literacy is a critical endeavor that contributes to enhancing financial stability and improving the quality of life. This study, employing a qualitative documentary research approach, aims to investigate the appropriate learning activity models for promoting financial literacy among Thai Muslim youth.

Methods: The research involves the collection, analysis, and synthesis of relevant literature, encompassing concepts, theories, and models of learning activities related to financial literacy development from both domestic and international perspectives. The validity of the data was established through a focus group discussion with three experts in Islamic studies.

Results: The findings indicate that the concept of financial literacy for Thai Muslim youth is intricately linked to Islamic principles. The learning activity models are designed to integrate Islamic teachings with financial literacy content. The study proposes ten learning activity models as follows: (1) basic knowledge of Islamic finance, (2) storytelling of financial concepts through cultural contexts, (3) formation of savings groups, (4) community-based budget planning, (5) workshops on career exploration and financial planning, (6) simulated community market activities, (7) personal financial record-keeping, (8) financial literacy games, (9) ethical entrepreneurship, and (10) workshops on Zakat (charity) calculation.

Conclusion: The study's recommendations emphasize the necessity of incorporating financial literacy into core educational curricula, particularly within learning centers, to develop the financial competence of Thai Muslim youth . The proposed activity models aim to equip youth with the knowledge and skills required for effective financial decision-making in daily life . Moreover, they support the cultivation of financial resilience, enabling youth to achieve sustainable well-being and social integration.

Keywords: Financial literacy, Muslim youth, Integration of Islamic finance, Learning activities

Dimensions of Personnel Development through Training: A Framework for Future Research

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Objective: This article aims to explore the dimensions of development arising from personnel training within organizations by conducting a literature review to establish a framework for future research.

Methods: The study employs a systematic content analysis approach.

Results: The findings identify five key dimensions of personnel development.

     1) Knowledge Dimension: Training enhances both specialized and general knowledge relevant to organizational roles and responsibilities

     2) Skill Dimension: Development of practical skills, including technical skills such as the use of equipment, technology, and software, as well as social skills that promote effective collaboration

     3) Attitude Dimension: Cultivation of positive attitudes and appropriate values to support an efficient and constructive organizational culture

     4) Adaptability Dimension: Preparing personnel to effectively respond to organizational changes by emphasizing the development of future- oriented skills and

     5) Personality and Behavior Dimension: Training that fosters suitable personality traits, proper workplace etiquette, and behaviors aligned with organizational standards.

Conclusion: The synthesis highlights the critical role of personnel training in driving organizational development. It enables personnel to respond effectively to rapidly changing environments and perform their duties with maximum efficiency. This article serves as a foundational reference for advancing research to study and design training models that align with the demands of modern organizations.

Keywords: Personnel Development, Training
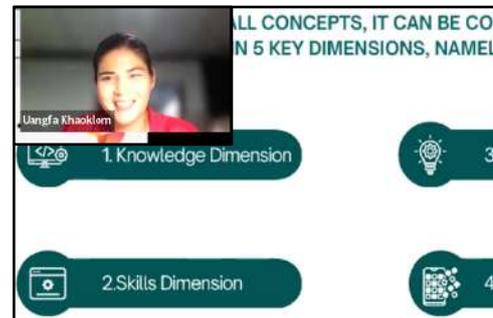
The Associate Between Architectural House Designs and Mental Health: A Study in Older People Living Independently in The Rural Areas of Chiang Mai Province

Baoqi Liu[1], Peerasak Lerttrakarnnon[1,2,3], Nahathai Wongpakaran[1,4], Jiranan Griffiths[1,5], Vitul Lieorungruang[1,6] and Joshua Tsoh[1,7]

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Background: The objective of this study was to examine the correlation between architectural home design and mental health in independent older persons in rural Chiang Mai province.**Methods**: A purposive sample was used to pick senior individuals who reside alone or with other old individuals and live independently in a rural area of San Kamphaeng District, Chiang Mai Province. Participants who met the study's inclusion and exclusion criteria were evaluated using the Multidimensional Scale of Perceived Social Support (MSPSS), Outcome Inventory-21 (OI-21), 6-item Revised UCLA Loneliness Scale (RULS-6), 9-item Resilience Inventory (RI-9), Pittsburgh Sleep Quality Index (PSQI), and the researcher's developed the Home and Community Environment Satisfaction Scale. A statistical analysis was conducted to evaluate and examine the correlation between the home condition data of the participants and the mental health and satisfaction ratings. **Results**: This study included 83 elderly people, of whom 72.3% were female, with an average age of 70.2 ±6.16 years. According to the results, participants' anxiety and depression levels were comparatively low (mean: 3.51 ± 3.44) and 2.69 ± 3.19, respectively. Additionally, loneliness was minimal (mean: 10.02 ± 3.92). The mean level of perceived social support was 63.11 ± 15.69. With a mean score of 38.42 (±6.43), resilience demonstrated a moderate to strong ability to handle difficulties. 48.2% of participants reported having poor sleep quality, according to the Pittsburgh Sleep Quality Index (PSQI). The mean score was 5.71 (±2.87). Features of architectural design correlate with mental health results. Social support was favorably connected with larger yard spaces; however, the existence of gardens was inversely correlated due to maintenance load. Single-story residences with accessible layouts, including first-floor bedrooms, had lower levels of anxiety and sadness than multi-story homes. Living rooms with a south or east orientation received more sunshine, which increased mood and decreased feelings of loneliness. Larger door sizes were linked to worse sleep, owing to increased environmental unpredictability. **Conclusions**: The elderly benefit from positive architectural designs, including single-story layouts, accessible bedrooms, favorable orientations, and manageable outdoor spaces. These features improve social support and resilience while reducing anxiety, depression, loneliness, and sleep disturbances. This study highlights the importance of mental health-informed architectural designs to effectively support aging in place.

Keywords: older adults, depression, anxiety, quality of sleep, resilience, perceived social support, home design, aging in place.

Social Impact Assessment: Limitations and Guidelines for Improvement to Align with the Local Context in Surat Thani Province, Thailand

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Background and objective: Social Impact Assessment (SIA) is an important tool in analyzing the impacts of development projects, such as lifestyle changes, mental health, and community relations. However, applying SIA in the local context in Surat Thani Province, Thailand, has encountered problems, such as the lack of comprehensive indicators of community participation and resource limitations. This research aims to study the limitations in the SIA process and suggest guidelines for improving it to suit the local context in Surat Thani Province.

Methods: Document research from 30 related research studies, including 16 domestic studies and 14 foreign research studies from Scopus, Web of Science, and Google Scholar databases was used.

Results: The SIA in the local context in Surat Thani Province found that there are 4 important limitations: 1) Lack of indicators reflecting mental health, local culture, and equality. 2) Using a top-down approach, which limits the role of communities. 3) Community participation is discontinuous and limited in the initial stages of the project. 4) Limitations in resources and experts in assessment and propose ways to improve SIA appropriately, including developing area-specific indicators such as cultural conservation. Promoting community participation at every step Using technology such as social simulation and creating a network of cooperation between communities and government agencies. The trial is being used in pilot areas such as Surat Thani Province. The results of this study help improve SIA to be more efficient and support sustainable project development by reducing social conflict Increase fairness Create strong cooperation between all parties involved.

Keywords: Social Impact Assessment (SIA), Community Participation, Localized Indicators, Sustainable Development.

Problems of Managing Stray Goats and Sheep in Communities around Pattani Bay, Thailand

Hassan Dumalee[1] and Abdullah Chelong[1]

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Objective: This research aimed to study the problems of stray goat and sheep management in communities around Pattani Bay in Thailand.

Methods: This research was conducted using qualitative methods by conducting in-depth interviews with 3 target groups: local administrators, district leaders, and villagers in communities around Pattani Bay, totaling 11 people from 3 communities: Pata Community, Taloksamilae Community, and Tanyonglulok Community.

Results: The results of the study found that 1) some community leaders as herders did not cooperate with the community's management measures, resulting in villagers as general herders following along; 2) lack of cooperation from herders and excessive demands from herders for community, government, and related agencies' management measures; 3) the responsible agencies still lack a systematic, continuous, and sustainable management system with participation; and 4) limitations of local administrative organizations in long-term operations, such as space and budget.

Conclusion: The above problems have resulted in no tangible solutions. Therefore, the research results suggest the following: 1) creating a communication process to create understanding; 2) planning a systematic management plan with participation before implementing measures to solve the problems.

Keywords: community problems, community problem management, stray goats and sheep, Pattani Bay communities

Symposium session 2

: Loss, Learning, and Living in Light of Death

**Mr. Justin DeMaranville, M.Sc., Thailand**

Moderator: Asst.Prof.Jiranan Griffiths, PhD. and Mr. Justin DeMaranville, M.Sc.

Contents:

The topic of death awareness has gained increased attention within mental health research, particularly in the context of its impact on individuals' well-being. It is common for people to become more conscious of their mortality during times of loss, prompting reflections on life and death. This awareness, while initially distressing, can also serve as a powerful motivator to live life with more meaning and purpose.

In many cultures, religion plays a crucial role in addressing death anxiety. For instance, in Buddhism, practices such as death meditation are used to help individuals confront their mortality and understand the impermanence of life. This meditation encourages people to contemplate death at any moment, fostering a sense of urgency to live a meaningful life while preparing for the inevitable end. The goal of such practices is to cultivate insight into the transient nature of existence and help individuals achieve a state of enlightenment, free from the fear of death.

The increasing elderly population in Thailand is expected to confront death awareness more frequently in the coming decades. With one-third of the population projected to be over 60 by 2050, it is crucial to consider how society can address death anxiety and provide resources for coping with the realities of aging and mortality. Buddhist teachings, with their emphasis on meditation and reflection, may offer valuable tools to help individuals navigate these existential concerns.
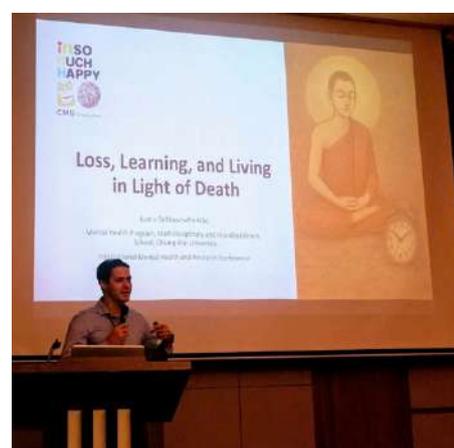
: Resilience: Live and Learn Over Loss

Prof. Patraporn Bhatarasakoon, RN, Ph.D., FAAN, Thailand

Contents:

Resilience is the ability to adapt positively in the face of adversity, trauma, or significant stress. This concept has been widely recognized and explored for decades, emphasizing how individuals can recover and grow stronger from life's challenges. In Thailand, resilience is often referred to as "Kwam Yued Yun Thang A-rom" meaning the ability to bounce back, which encapsulates the essence of becoming stronger despite hardship.

Loss, particularly the death of loved ones, is a universal experience that impacts individuals emotionally, mentally, and physically. Resilience plays a critical role in helping individuals process grief, rebuild their lives, and find meaning in their experiences. Developing resilience promotes mental well-being, reduces stress, and enhances overall life satisfaction. Importantly, resilience is not a fixed trait; it can be developed and strengthened over time through exposure to challenges and supportive environments.

Research on resilience has shown its effectiveness across various populations, genders, and situations. Resilience programs have been found to be beneficial in helping Individuals cope with stress, trauma, and anxiety. The neuroscience behind resilience highlights the brain's ability to adapt and recover from trauma through neuroplasticity. Additionally, psychological theories, such as post-traumatic growth, suggest that individuals can experience personal growth after stressful life events if they possess resilience.

Key components of resilience include emotional regulation, cognitive flexibility, and social support. These elements work together to help individuals cope with stress, build inner strength, and maintain a positive outlook on life, enhancing psychological well-being and life satisfaction.

: Nature Relatedness, Life Strategy and Mental Health Among Pregnant Women in Hungary

Assoc. Prof. Zsuzsanna Kövi, Hungary

Contents:

The study explores the connection between nature-relatedness, life strategy, and mental health, particularly among pregnant women. Nature relatedness, the sense of being part of the natural world, is essential for psychological well-being and is linked to various aspects of mental health. Eco-psychology, which examines how the state of the environment affects mental health, emphasizes the importance of recognizing our interconnectedness with nature.

Recent research shows that individuals who have higher nature-relatedness tend to have a more diverse gut microbiome, which is linked to better immune function and mental health. For instance, children who engage with nature, such as playing in forest soil, show improved immune systems and microbiomes. This research highlights the importance of nature in promoting overall health and mental well-being.

In addition to nature-relatedness, life strategy, such as the choice between slower or faster life strategies, also influences mental health. A slower life strategy, which involves more careful, considered behaviors, is associated with better mental health outcomes. In contrast, a faster life strategy, which includes early reproduction and less parental investment, can sometimes lead to less stability.

The research focused on pregnant women revealed that while nature-relatedness had a weak correlation with mental health, other factors such as gratitude, slow life strategies, and attachment quality were more strongly linked to mental health. Spirituality also showed indirect effects, enhancing qualities like gratitude and connection to nature, which, in turn, improved mental well-being.

Awards

Criteria are used to make decisions, including 6 domains: clarity

1. Namely Clarity
2. Content
3. Style & Delivery
4. Use of visual aids
5. Integration of knowledge
6. Ability to answer the question

Each domain has 5 levels of achievement, which are excellent, good, adequate, inadequate, and no effort.

*The committee is scoring simultaneously and individually.

Best presentation Award

Ms. Alla Glushich

"Remembering Death to Live Well: Death Contemplation among Thai Elderly Buddhist Meditation Practitioners"

Outstanding Presentation Award

Mr. Tay Zar Lin

"Barriers to Addressing Burnout Among Nurses: A Qualitative Study on Workplace Challenges and Solution"

Ms. Jia Hou

"Detecting Delirium in Older People: The Development of a New Web-based Tool for Family Caregivers"

Excellent Presentation Award under the Aging Minds theme

Mr. Dan Sullivan

"The Relationship between Muay Thai and Perception of Wellness and Quality of Life in a Previously Sedentary group of Older Australian Adults"

Ms. Nattha Lertpanyawiwat

"Comparative Analysis of Subjective Well-Being Measurement Instruments: Implications for Pre-Retirement Planning in Thailand"

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