

Mental Health Research Conference (MHRC2023) and
Network of education and training
in mental health (nET-MH2023)

Positive Mental Health

2nd Mental Health Research Conference (MHRC2023) and
3rd Network of Education and Training in Mental Health (nET-MH2023)

March 31th ,2022

8:30 – 18:00 Bangkok time (GMT+7)

Virtual Conference on Zoom

THEME: Positive Mental Health

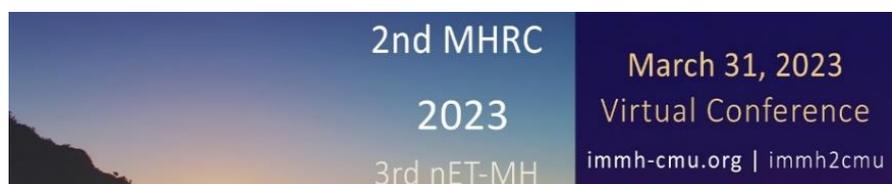


Table of contents

Welcome	3
People and organizations	5
About the conference	8
Program overview	9
Keynote session	12
Symposium Session 1	14
Contributed paper session 1	18
Contributed paper session 2	28
Symposium session 2	41
Awards	45
Feedback from participants	47
Lists of participants	52

Welcome to the conference

From Dean of the Graduate School

Greetings.

Good morning, distinguished guesses, researchers and colleagues. On the behalf of Graduate School, Chiang Mai University. It is my pleasure to welcome you to the 2nd MHRC hosted by Master of Mental Health Program Graduate School, Chiang Mai University. As a Dean of the Graduate School, I am delighted to see so many researchers and practitioners flattered here today to share their blasted fighting, ideas and innovation in mental health research. This conference presents a unique opportunity to explore the current state of mental health research, identify emerging trends and challenges and discuss new approaches that can advance the field.

As you know, mental health is a pressing issue that affect millions of people worldwide and the ongoing COVID-19 pandemic has further highlighted the importance of mental health as people face valid challenge. In this context, the need for mental health research has never been greater. I would like to express my gratitude to our keynote speaker, Professor Danny Wedding, for his talk on “Positive Emotion of Mankind”. Positive emotions are essential for human beings because they provide many benefits and contribute to our own well-being and happiness. Forward to special symbolization on positive mental health around the world were also very interesting. We can learn from experience of many professors from the U.S., Australia, Indonesia, the Philippines, Austria and also Thailand.

I would like to take this opportunity to thanks the organizing committee, the keynote speakers, and all the presenters in the sessions. Who have made contribution to making this conference possible. Your contributions have the conference and helped to advance the field of mental health research. I am confident that this conference will not only deepen our understanding of mental health, but also inspire new collaboration and partnership that can drive meaningful changes in mental health research and practice.

In conclusion, I wish you all a productive conference. Thank you very much and I hope to see you all in Thailand.



From the International Master of Science program in Mental Health (iMMH)

Greetings!

Good morning, good afternoon, and good evening! Speakers, researchers, organizing committee, and delegates.

On behalf of the MHRC organizing committee and the International Master of Science program in Mental Health or iMMH, let me welcome all of you to the 2nd MHRC 2023 and the 3rd nET-MH meeting.

iMMH has been accepting students and conducting classes since the first semester of 2020. The teaching approach is designed to help students achieve the learning objectives of the program and is in line with the current global situation, including the COVID-19 pandemic, managing uncertainty impacting human security, and various natural disasters. iMMH aims to provide students with skills related to international research and network building.

iMMH has developed academic and research networks with educational institutions and qualified individuals in the mental health field under the Network on Education and Training in Mental Health (nET-MH). The network comprises qualified individuals from Germany, Taiwan, Indonesia, Cambodia, and Thailand, including the Department of Mental Health and the program at Chiang Mai University. nET-MH has held meetings since 2017 to establish directions for academic and research collaboration, including exchange programs for lecturers, researchers, and joint research publications.

Following the success of the 1st MHRC in 2022, we saw the potential of our students who presented research works for their theses at the same level of quality as international researchers. Renowned speakers at the regional and global levels showed interest in bringing new knowledge to disseminate, and students and researchers presented new research works at the meeting, resulting in the creation of academic and research strength for the course. In this year, the course has more quality research works and more students and professors, and nET-MH has expanded its international research network, making it necessary to organize the 2nd academic conference on mental health research and the 3rd nET-MH academic network meeting in 2023.

The theme of the MHRC 2023 is about positive mental health to benefit the development of mental health after our world has gone through a pandemic crisis. It aims to prepare for coping with natural and man-made disasters that may occur in the future."

The people

Conference organizing committee

Committee Chairperson

1. Professor Nahathai Wongpakaran
Chairperson of Master of Science
Program in Mental Health
(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. Khin Moe Myint
Director of Coordination and
Public Relations
5. Ms. Tong Yang
Director of Coordination and
Public Relations
6. Assistant Professor Penkarn Kanjanarat
Secretary and Coordination
Committee and Public Relations

7. Ms. Lapisra Thewabhuditr

Assistant Secretary and
Coordination Committee and
Public Relations

8. Ms. Padcha Leepai boon

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

About the conference

Purpose and objectives

- Organize an international academic conference on mental health research
- Organize the 3rd 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, we continued the concept from last year conference (Mental health in post-covid-19 era) focus on positive mental health. In order to improve mental health after covid-19 era and prepare for natural and unnatural threat in the future.

Program overview

Time (GMT+7)	Conference Program
8.30-9.00	<p>MHRC 2023 Opening remarks and recognitions</p> <p>Chair of MHRC 2023: Prof. Nahathai Wongpakaran, M.D., FRCPsychT</p> <p>Opening address: Assoc. Prof. Apichat Sopadang, Ph.D., Dean of Graduate School, CMU</p>
9.00-9.30	<p>Keynote session: Positive emotions for mankind</p> <p>Prof. Danny Wedding, Ph.D., MPH, USA</p>
9.30-10.30	<p>Symposium session: Positive mental health around the world-Part I</p> <p>Moderator: Asst. Prof. Penkarn Kanjanarat, Ph.D.</p> <p>Speakers: 15 minutes/speaker</p> <p>Habits, health, and happiness</p> <p>Clin. Prof. Ronald O'Donnell, Ph.D., USA</p> <p>Positive mental health in doctors and their families</p> <p>Prof. Carmelle Peisah, M.D., FRANZCP, Australia</p> <p>Can meditation prevent stress disorders following disasters?</p> <p>Prof. Tinakon Wongpakaran, M.D., FRCPsychT, Thailand</p>
10.30-10.45	Morning break
10.45-12.00	<p>Contributed paper session 1: 8-minute presentation and 2-minute Q&A/presenter</p> <p>Discussants: Prof. Patraporn Bhatarakoon, RN, Ph.D. and Asst. Prof. Rewadee Jenruamjit, B.Pharm, BCP</p> <p>Factors associated with depression in infertile couples: A study in Thailand</p> <p>Ms. Tong Yang, Thailand</p> <p>Personal and perceived depression stigma and associated factors among undergraduate nursing students in Pakistan</p> <p>Salima Farooq, Pakistan</p> <p>Narrative identity of youth in revolution</p> <p>Dr. Ohnma Win Pe, Myanmar</p> <p>Factors associated with depression, anxiety, and somatic symptoms among international salespersons in medical device industry: A cross-sectional study in China</p> <p>Ms. Beibei Mao, Thailand</p> <p>Mistreatment, academic motivation and mental health challenges among medical students in Thailand</p> <p>Dr. Tanrin Hiranwong, Thailand</p> <p>The prevalence and factors associated with elder abuse in elder patients at the outpatient department of a super-tertiary care hospital in northern Thailand</p> <p>Dr. Yanee Choksomngam, Thailand</p> <p>Evidence to support precept adherence with meditation for positive mental health</p> <p>Mr. Justin DeMaranville, Thailand</p>

Time (GMT+7)	Conference Program
12.00-13.00	Lunch break
13.00-14.30	<p>Contributed paper session 2: 8-minute presentation and 2-minute Q&A/presenter</p> <p>Discussants: Assoc.Prof.Peerasak Lerttrakarnnon, M.D., FRCFPT and Asst.Prof.Charuk Singhapreecha, Ph.D.</p> <p>The relationship between peer pressure, educational stress, and adolescents' willingness to seek professional psychological help Vinh-Long Tran-Chi, Vietnam</p> <p>Depression and its associated factors among undergraduate engineering students: A cross-sectional survey in Thailand Ms.Yuanyue Huang, Thailand</p> <p>Comparison of medication prescribing pattern of benzodiazepines and antidepressants among psychiatric outpatients before and after the COVID-19 pandemic in Suanprung psychiatric hospital Ms.Kwanjira Sridaorueang, Thailand</p> <p>Association between insecure attachment, borderline personality disorder symptoms, depression, and positive mental health: A pilot study Mr.Saranphong Chanachai, Thailand</p> <p>Syntactic differences between older adults with and without depressive disorders: a pilot study in Thailand Ms.Chengjie Xu, Thailand</p> <p>Resilience in student nurses regarding undergraduate nursing education Pimwalunn Aryuwat, Sweden</p> <p>Give from gifts: an activity for self-acceptance and positive mental health Asst.Prof.Nantawarn Kitikannakorn, Thailand</p>
14.30-14.45	Afternoon break
14.45-15.45	<p>Symposium session: Positive mental health around the world-Part II Moderator: Chidchanok Ruengorn, Ph.D., and Mr.Justin DeMaranville, M.Sc.</p> <p>Positive Psychology: Lesson learned from 11th- century scholars Diana Setiyawati, Ph.D., M.HSc.Psy, Indonesia</p> <p>Rethinking Emotions in Human Potential Development – The Gestalt Facilitation Asst.Prof.Jonathan C. De La Cerna, Philippines</p> <p>Outreach psychotherapy and positive mental health Prof. Kurt Fellöcker, DSA, MA, MSc, Austria</p>
15.45-16.00	Research presentation award ceremony and closing ceremony of MHRC 2023
16.00-18.00	<p>3rd Network in Education and Training in Mental Health meeting (nET-MH) <i>Members only</i></p>

CALL FOR ABSTRACTS

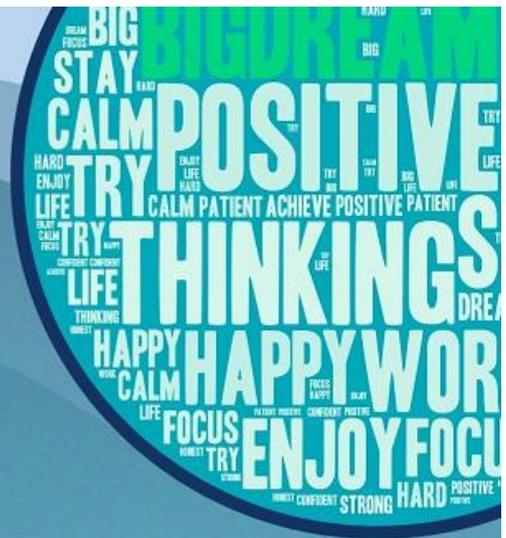
Deadline changed!

Abstract submission: now - March 24th, 2023

Conference registration: now - March 30th, 2023

WWW.IMMH-CMU.ORG

MENTAL HEALTH RESEARCH CONFERENCE 2023



Symposium session: Positive mental health around the world-Part I



Clinical Professor Ronald O'Donnell, Ph.D.
Arizona State University, USA



Professor Carmelle Peisah, M.D., FRANZCP
University of New South Wales; Sydney University; Capacity Australia, Australia



Professor Tinakon Wongpakaran, M.D., FRCPsychT
Chiang Mai University, Thailand

Symposium session: Positive mental health around the world-Part II



Diana Setiyawati, M.HSc.Psy., Ph.D.
Universitas Gadjah Mada, Indonesia



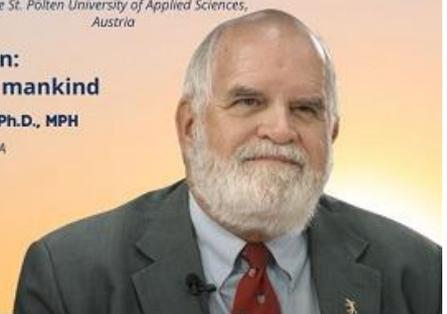
Assistant Professor Jonathan C. de la Cerna, MA
University of the Philippines Cebu, Philippines



Professor Kurt Fellöcker, DSA, MA, MSc
The St. Pölten University of Applied Sciences, Austria

Keynote session: Positive emotions for mankind

Professor Danny Wedding, Ph.D., MPH
Saybrook University, USA



March 31st, 2023
Starts at 8:30 AM (GMT +7)

Hosted by International Master of Mental Health Program,
Graduate School, Chiang Mai University



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Keynote Session

: Positive emotions for mankind

Prof. Danny Wedding, Ph.D., MPH

Saybrook University USA

Moderator: Asst. Prof. Penkam Kanjanarat, Ph.D.



Contents:

1. My love for Thailand (Gratitude)

The speaker share his memorable experience regarding Chiang Mai University and Thailand as a whole. Furthermore, he display his gratitude towards his friends at Psychiatry CMU.

2. Positive Psychology

Character strength & virtues *The Six Core Virtues*

- Wisdom and knowledge (cognitive strength)
- Courage (emotional strength)
- Humanity (interpersonal strength)
- Justice (civic strength)
- Temperance (strength that protect against excess)
- Transcendence (spiritual strength of meaning)



3. Mindfulness

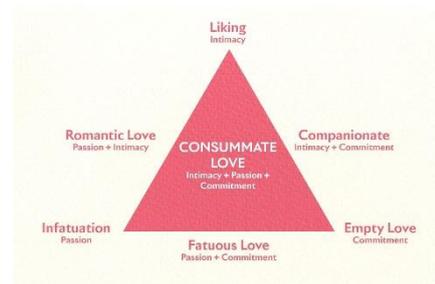
- Awareness of death
- What you see is not always what is real

4. Love

Consummate love: Intimacy, Passion and Commitment,

The 5 dimensions of Mental Health

- Like your work
- Treasure your friends
- Take care of your family
- Realize that homework is essential
- Do not just focus on own needs and problems



Conclusion: We create meaning in life through love and passing on knowledge to future generations.

Symposium Session 1

: Positive mental health around the world-Part I

1. Habits, health, and happiness: A Roadmap to Avert Disaster

Clinical Professor Ronald O'Donnell, Ph.D.

Founding Director of the Doctor of Behavioral Health program, College of Health Solutions, Arizona State University, Arizona, USA.

Moderator: Asst. Prof. Penkarn Kanjanarat, Ph.D.



Contents:

There is a concerning global trend of increasing unhappiness, which has been attributed to two major causes - the prevalence of social media and the ongoing Covid-19 pandemic. Extensive research has demonstrated that these factors have led to emotional stress and have negatively impacted the mental and physical well-being of individuals.

Studies have revealed that social media usage can result in poor sleep, poor physical health, poor self-esteem, and increased anger levels. Similarly, the Covid-19 pandemic has caused individuals to experience worry, fear, and anger, which can lead to further unhappiness and emotional distress. It is important to note that prolonged unhappiness can have adverse effects on an individual's health.

In order to counteract this trend, it is recommended to cultivate good habits that promote happiness. These good habits should be obvious, attractive, easy, and satisfying, while bad habits should be avoided by making it invisible, unattractive, difficult, and unsatisfying

Habit Change: Trends in Popular Press

- From goals/outcomes to *identity*
 - Focus *not* on what you want to achieve, but who you want to become
 - Each time you start an exercise, you are an athlete
- Make it easy
 - Want to exercise? Set out workout clothes, shoes, water bottle ahead of time
- Atomic/mini-habits, Habit stacking, habit shaping

Furthermore, mindfulness techniques have been found to be effective in relieving stress and promoting emotional well-being. Common mindfulness techniques include breathing exercises, body scans, building compassion, practicing loving-kindness, mindful eating, mindful walking, and yoga. By incorporating these techniques into one's daily routine, individuals can take active steps towards improving their mental and physical health.

Mindfulness is...

- Mindfulness is awareness
- cultivated by paying attention
- In a sustained and particular way
- on purpose
- in the present moment
- nonjudgmentally

Summary:

- Habit change key for health behavior change.

Obesity, Nutrition, Physical Activity, Alcohol, Drug misuse, Tobacco use

- Mindfulness

Effective for mental health, distress, anger

Congruent with habit change

Available broadly via self-help, digital health, and health worker delivered interventions.

2. Positive mental health in doctors and their families

Professor Carmelle Peisah, MD, FRANZCP, Australia

UNSW Conjoint Professor, USYD Clinical Professor

Moderator: Assistant Professor Penkam Kanjanarat, Ph.D.



Background:

Doctors are well-known to experience burnout, bullying, work-life imbalance, mental health morbidity, and suicide. The health and well-being of doctors are influenced by their families, and vice versa.

The role of doctors in their families:

Doctors play a crucial role in influencing their family members' health practices, health-seeking behaviors, and use of services. This influence is mostly positive, but it can become problematic when doctors treat their family members or use their authority to assert autonomy or control.

Intimate relationships among physicians:

Female doctors are more likely to experience role conflict due to the competing demands of their career, marriage, and family, while male doctors tend to have higher levels of support. Fertility issues are also more prevalent among female doctors than the general population. LGBTQI physicians face additional challenges due to implicit and explicit bias against sexual minorities in the medical culture.

Burnout among Thai physicians:

In Thailand, family medicine residents are at high risk of experiencing burnout, with emotional exhaustion and depersonalization being common symptoms. Contributing factors include patient and colleague relationships, the type of training program, inadequate income, and family relationships. Many doctors accept work-life imbalance as the norm in hospital medicine, leading to stress and negative impacts on their well-being. The COVID-19 pandemic has further highlighted these issues.

Contributed paper session 1

Abstracts

Factors associated with depression in infertile couple: A study in Thailand

Ms. Tong Yang



Tong Yang¹, Ubol Saeng-Anan², Charuk Singhapreecha^{1,4}, Rewadee Jenraumjit^{1,5}, Carmelle Peisah^{1,6,7}, Tinakon Wongpakaran^{1,2}, Nahathai Wongpakaran^{1,2}

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³ Division of Reproductive Medicine, Department of Obstetrics and Gynecology, Faculty of Medicine, Chiang Mai University, Chiang Mai 50200, Thailand.

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⁷ Specialty of Psychiatry, Faculty of Medicine and Health, University of Sydney, Sydney, NSW 2006, Australia.

Objective: To investigate the prevalence of depression among infertile couples and the relationships among demographic factors, personality traits, marital relationships, sufficiency economy, and depression in infertile couples.

Method: This study employed a cross-sectional survey. Sociodemographic information was collected. Validated tools were used to assess anxiety and depression (Outcome Inventory-21(OI-21)), marital satisfaction (ENRICH Marital Satisfaction Scale, Zuckerman-Kuhlman-Aluja Personality Questionnaire (ZKA-PQ) and Sufficiency Economy Scale (SES). Test differences was analyzed by using *t*-test and chi-square test. The multiple regression was used in predicting depression symptom. The Actor-Partner Interdependence Model estimated by multilevel modeling was used for dyadic analysis.

Results: The prevalence of depression in infertile couples was 6.7%. Among all participants, the mean age of men (36.55 ± 5.98) was higher than the mean age of women (34.81 ± 4.61). The difference is very statistically significant, $t(280) = 2.824$, $p < .01$. The results of the test of the differences between sociodemographic factors and depression showed that participants with different occupations had different depression scores measured by OI-depression, $F(4) = 2.795$, $p < .05$. Pearson's correlation showed that aggression ($r = 0.317$, $p < .01$), extraversion ($r = 0.133$, $p < .05$) and neuroticism ($r = 0.601$, $p < .01$) were positively correlated with depression. The expectation of having children ($r = -0.121$, $p < .05$), marital satisfaction ($r = -.209$, $p < .01$) and sufficiency economy ($r = -0.157$, $p < .01$) were negatively correlated with depression. Neuroticism ($\beta = .160$, $p = .001$) and marital satisfaction ($\beta = -.093$, $p = .015$) were significant predictors of depression. There was partner effect between the expectation of having children and depression ($p = .039$). The actor effect existed between marital satisfaction and depression ($p = .039$).

Conclusions: The prevalence of depression was lower compared to other studies. In infertile couples, females have higher level of neuroticism personality traits than males. Occupation might be associated with depression in infertile couples. Aggression, extraversion and neuroticism appear to be associated with depression in infertile couples. Sufficiency economy is negatively associated with depression in infertile couples. The expectation of having children and marital satisfaction are associated with depression in infertile couples. The expectation of having children of infertile couples affect their partners' depression.

Personal and Perceived Depression Stigma and associated factors among Undergraduate Nursing students in Pakistan

Salima Farooq, Yasmin Parpio, Saadia Sattar, Zahra Ali, Shirin Rahim, Ghazal Peerwani

Unaddressed mental illness stigma contributes towards hiding symptoms,ampers timely identification of the disease, and leads to reluctance in attitude towards seeking help.

Objectives:This study determined the level of personal and perceived depression stigma and its associated factors among undergraduate nursing students at a private nursing institution in Karachi, Pakistan.

Design: We conducted a cross-sectional study by recruiting 246 first and second-Year undergraduate nursing students using consecutive sampling.

Method: Data were collected using the Depression Stigma Scale (DSS) along with a demographic questionnaire. Multiple linear regression was employed to determine predictors of DSS.

Result:The mean scores of the personal and perceived stigma scales were 29.7 ± 4.9 and 24.3 ± 6.1 . The year of study was a significant predictor of personal depression stigma, whereas both years of study and the current living arrangements were significantly associated with perceived depression stigma.

Conclusion: It is essential to destigmatize mental health issues by adopting context-based, individualized, and group mental health interventions

Keywords: Nursing students, perceived stigma, personal stigma, depression, mental health, Pakistan

Narrative identity of youth in revolution

Dr. Ohnma Win Pe, Myanmar



Theoretical background: People engage in the work of defining themselves by telling stories to others and themselves. Narratives of negative life experiences and turning points give crucial information about the identity and its relationship to wellbeing.

Limitations: preliminary research; significant safety and trust issues; a small sample; limitations in involving a diverse population.

Methodology: qualitative research, snowball sampling.

Identities: status; skill & qualities; self-satisfaction; ethical; diversity; focus on people; focus on next generation; identity of youth; national; freedom and rights; writing the history; choose to sacrifice; choose to focus on what they can do.

Factors influencing their involvement in the revolution: negative past experience; resources.

Factors associated with depression, anxiety and somatic symptoms among international salespersons in medical device industry:
A cross-sectional study in China

Ms. Beibei Mao



Background: This study examines Chinese in vitro diagnostic (IVD) international salespersons' (IS) demographic, occupational, organizational, and psychosocial factors, and mental health outcomes.

Methods: A cross-sectional survey of 244 IVD IS will measure factors and mental health outcomes (e.g., anxiety, major depression and somatic symptom).

Results: The study found that 10.2% and 18.4% of respondents suffered from anxiety and major depression. Anxiety, major depression, and somatic symptoms were significantly associated with ERI, inner strength, and PSS ($p < .01$), while health climate was negatively associated with major depressive ($r = -.132, p < .05$). ERI, inner strength, gender, and increased workload during Covid-19 were significant predictors of mental health outcomes ($p < .05$).

Conclusions: The prevalence of mental health outcomes in the IS of China's IVD industry is relatively high. ERI, inner strength and gender are critical factors in the relationship between mental health.

Mistreatment, academic motivation and mental health challenges among medical students in Thailand

Dr. Tanrin Hiranwong



Tanrin Hiranwong², Tinakon Wongpakaran², Nahathai Wongpakaran², Patipan Sitthiprawiat¹, Sirinut Siritikul¹, Jiraphat Jiwtrakul¹, Sirilux Klaychaiya¹, Pookit Chaipinchana¹, Pimolpun Kuntawong², Athavudh Deesomchok¹, Danny Wedding³

Affiliations

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2. Department of Psychiatry, Faculty of Medicine, Chiang Mai University, 110 Intawaroros Rd., T. Sripum, A. Muang, Chiang Mai 50200, Thailand.
3. Saybrook University, Pasadena, CA 91103, USA.

Background: Mental well-being and mental health problems are significant concerns for medical students, who will eventually become doctors. One of the most challenging issues in medical education is mistreatment of students, which can adversely affect their academic performance and psychological well-being. Despite a growing number of reports of mistreatment across cultures, the prevalence and associated factors of mistreatment among Thai medical students are unclear. The hypothesis is that there could be a high prevalence of mistreatment among Thai medical students.

Objective: The primary objective of this study is to investigate the prevalence of mistreatment and its association with psychological distress and academic motivation among Thai medical students in their clinical years.

Design: A cross-sectional study was conducted from January 2021 to December 2021 among medical students in their clinical years across 23 medical schools throughout Thailand.

Method: A convenience and snowball sampling strategy was used to invite 400 Thai medical students in their clinical years to complete a self-administered online questionnaire. The questionnaire included assessments of mistreatment, academic motivation, and psychological symptoms (i.e., anxiety, depression, and somatization) using the Composite Questionnaire of

Mistreatment, Academic Motivation Scale (AMS), and Core Symptom Index (CSI-15), respectively. Descriptive statistics, chi-square tests, correlations, and regression analyses were conducted. A p-value < 0.05 was considered statistically significant.

Results: The study included a sample of 400 Thai medical students in their clinical years, with a mean age of 23 ± 1.29 years old, and 61.5% were female. A total of 81% of participants reported experiencing mistreatment during their clinical training, with verbal mistreatment by faculty members being the most common type. The psychological consequences of mistreatment reported by students were feeling angry and less motivated to learn. Shockingly, up to 86% of mistreated students and 89% of those who witnessed mistreatment did not report the event due to their belief that their report would not be helpful. Twenty-nine percents of students thought that mistreatment occurred because the maltreaters did not consider mistreatment as an inappropriate or a serious act, while 19% thought that it was because the maltreaters wanted the students to improve themselves. However, students who experienced mistreatment exhibited higher levels of core symptoms index scores ($B = 3.40$, 95% CI: 1.21-5.58, p value = 0.002) and lower academic motivation scores ($B = -10.86$, 95% CI: -16.68 to -5.05, p value <0.001) compared to those who did not.

Conclusions: This study found a high prevalence of mistreatment among Thai medical students during their clinical years, with verbal mistreatment by faculty members being the most common type. Mistreatment was associated with a higher level of psychological distress and lower levels of academic motivation. Unfortunately, most mistreatment events are not reported, highlighting the need for institutions to improve their mistreatment reporting systems and create policies to support the mental health and academic motivation of mistreated students.

Keywords: Mistreatment, medical student, academic motivation, psychological symptoms

The prevalence and factors associated with elder abuse in elder patients at the outpatient department of a super-tertiary care hospital in northern Thailand

Dr. Yanee Choksomngam



Design: A cross-sectional study

The world population is aging rapidly. Increase chronic disease; geriatric syndrome; a hidden health issue, such as elder abuse. Involved 210 elder patients who visited the Maharaj Nakorn Chiang Mai hospital between may and august 2022.

The prevalence of elder abuse:

in this hospital 2.38%

28 countries from diverse regions 15.7%

elderly living in Bangkok 14.6%

Psychological abuse was the most common form of elder abuse.

Factors related to abuse in the elderly: female gender; insufficient income; poor personal health; dependence; poor relations with family members.

Our study: 56% adequate income; 98% independence; 99% good family relationship.

Evidence to support precept adherence with meditation for positive mental health

Mr. Justin DeMaranville



Justin DeMaranville¹, Tinakon Wongpakaran^{1,2}, Nahathai Wongpakaran^{1,2}, Danny Wedding^{1,3,4}

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3 Department of Clinical and Humanistic Psychology, Saybrook University, Pasadena, CA 91103, USA

4 Department of Psychology, University of Missouri-Saint Louis, St. Louis, MO 63121, USA

Objectives: Self-esteem is a measure of value a person has toward oneself. It is an important indicator of psychological well-being during adolescence as this period is marked by low evaluations of self-esteem, with low self-esteem being correlated with mental illness. This research examined if Buddhist precept adherence (i.e. abstaining from killing, stealing, sexual misconduct, lying, and intoxicant use) and meditation frequency, which a large minority of Thai people practice, are related with the self-esteem of Thai boarding school students.

Design: This cross-sectional study is the first research analyzing meditation practice frequency and precept adherence together in order to ascertain positive mental health.

Methods: 443 Thai boarding school students from 10th-12th-grade were competitively recruited from five boarding schools (two purposively selected Buddhist boarding schools and three conveniently selected secular boarding schools) to participate. They completed the Rosenberg Self-Esteem Scale to determine participant self-esteem, and the Inner Strength-Based Inventory (I-SBI) was used to measure precept adherence and meditation practice frequency. A two-way ANOVA of precept adherence and meditation frequency in relation to self-esteem was conducted to determine the influence of these practices.

Results: The participant's mean age was 16.35 ± 0.96 years, 87.9% were females, and 89.4% were Buddhists. Regarding precept adherence, 21% selected 'Never or Not often', 42% 'Sometimes', and 37% 'Often or Always'. For meditation frequency, 47% selected 'None or On Holidays', 14% 'Occasionally', and 39% 'Daily & Timely'. These results were analyzed against a mean self-esteem score of 30.6 ± 4.1 . Results of the Two-Way ANOVA revealed a significant interaction between the degree of precept adherence and frequency of meditation in relation to self-esteem, $F(4, 429) = 3.981, p = .003$. The simple main effects analysis indicated that students who 'Often or Always' observe the precepts and who meditate 'Daily & Timely' had the highest self-esteem ($p = .002$), whereas students with 'None or Not often' precept adherence and who meditated 'Daily & Timely' had the lowest self-esteem ($p = .033$).

Conclusion: This study indicates that precept adherence and meditation practice together are significant indicators of self-esteem levels in Thai boarding school students. Longitudinal and intervention studies are recommended in order to better understand the influence these religious and cultural practices have on the positive mental health of Thai people.

Contributed paper session 2

Abstracts

The relationship between peer pressure, educational stress, and adolescents' willingness to seek



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Objective: To investigate the relationship between peer pressure, educational stress, and the openness to seeking professional psychological help of adolescents.

Design: Convenient sampling was used for the study.

Methods: We conducted this study with 471 high school students (grades 10-12) engaged. The questionnaire was based on three measurements: Peer Pressure Short Form (PPSF), Educational Stress Scale for Adolescents (ESSA), and Openness to Seek Professional Psychological Help (ATSPPH_O). The PLS-SEM method was used to evaluate this research.

Results: The results showed that: (i) Openness to seek professional psychological help had a significant effect on the Education stress of adolescents, (ii) Peer pressure had a direct effect on Education stress, (iii) Peer pressure had a significant effect on Openness to seek professional psychological help, (iv) Openness to seeking professional psychological help mediated the relationship between Peer pressure and Education stress.

Conclusion: Educators, social workers, counselors, clinicians, and therapists must identify students who are experiencing educational stress in the context of peer pressure as vulnerable groups in need of early mental health interventions. Clinicians should be aware of attitudes toward self-hiding and professional help-seeking that may influence psychological treatment.

Depression and its associated factors among undergraduate engineering students: A cross-sectional survey in Thailand



Yuanyue Huang, Prof. Tinakon Wongpakaran, MD, FRCPsychT Prof. Nahathai Wongpakaran, MD, FRCPsychT Prof. Patraporn Bhatarasakoon, RN, Ph.D. Assist. Prof. Preda Pichayapan, Ph.D. Shirley Worland, BSW, Ph.D.

Objective: This study aims to examining the prevalence rate of depression among Thai undergraduate engineering students, the relationship between associated factors and depressive symptoms and try to find out the significant predictive factors for depressive symptoms among Thai undergraduate engineering students.

Design: This study is a quantitative cross-sectional descriptive online survey.

Method: participants will be selected from engineering undergraduates who are in year 1 to 4 in universities in Thailand, their age needs between 18 to 25 years old, participants can be any sex or gender, they need to be fluent in Thai, and able to access the internet. people who were diagnosed with psychiatric disorders such as Schizophrenia, Bipolar disorder, Drug, or alcohol use disorder or have a record of alcohol use within 24 hours will not be included in the study. The estimate participants number is 345 in total in this study.

Results: In total, 229 students participated in the study. The mean age was 20.27 ± 1.592 years old (range, 18-25), and 43.9% of participants were men, 48.3% were female. With the Outcome Inventory 21-Depression, 34.5% were found to indicating depression symptoms, With the Outcome Inventory 21-Anxiety, 78% were found to indicating anxiety symptoms. Internet addiction, neuroticism personality, and anxiety were positively correlated with depression ($r = 0.235, 0.562,$ and 0.769 respectively, $P < 0.01$), romantic relationship was negatively correlated with depression ($r = -.248, P < 0.01$), self-esteem was negatively correlated with depression ($r = -.141$ and $P < 0.05$).

Conclusion: The most of results here are satisfied with hypotheses of the study design, we found a quite high prevalence of anxiety among Thai undergraduate engineering students, this result could be a reference of universities to set more specific education for students to prevent potential risk of mental problems.

Comparison of medication prescribing pattern of benzodiazepines and antidepressants among psychiatric outpatients before and after the COVID-19 pandemic in Suanprung psychiatric hospital



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¹Department of Pharmaceutical care, Faculty of Pharmacy, Chiang Mai University , ²Department of Pharmacy, Suan Prung Psychiatric Hospital

Objective: To compare medication prescribing patterns of benzodiazepines and antidepressants among psychiatric outpatients before and after the COVID-19 pandemic.

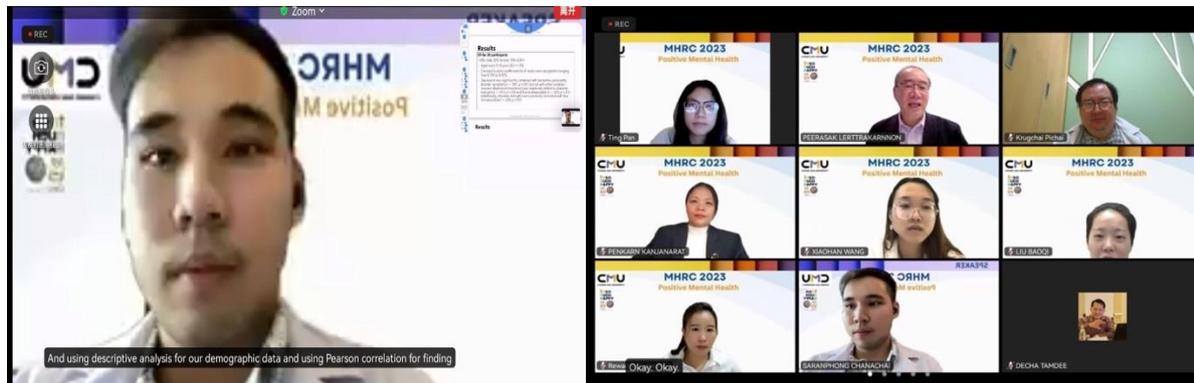
Design: Retrospective cohort study.

Methods: A retrospective study was conducted during March 2018 to February 2022. The population consisted of new psychiatric outpatients in Suanprung Psychiatric Hospital.

Results: The population consisted of 8,663 people in the BC group and 6,933 people in the AC group. Benzodiazepines or antidepressants were prescribed at a higher rate in the AC group than in the BC group (OR, 1.15; 95% CI, 1.03-1.29; P=0.010). The prevalence of benzodiazepine prescribing increased significantly (OR, 1.21; 95% CI, 1.12-1.30; P<0.001), while the prevalence of antidepressants prescribing increased significantly (OR, 1.04; 95% CI, 0.95-1.13; P=0.397). Furthermore, the dose per day decreased significantly (P<0.05) and the day supply of prescription use increased significantly (P<0.05).

Conclusion: Prescriptions for benzodiazepines and/or antidepressants increased in both the AC and BC groups. And the daily dose day decreased in the AC group and increased in the BC group, while the day supply of prescription use increased in the AC group and decreased in the BC group. The data presented in this study could be used to improve pharmaceutical care plans. (BC group = "before the COVID-19 Pandemic" group, AC group = "after the COVID-19 Pandemic" group)

Association between insecure attachment, borderline personality disorder symptoms, depression, and positive mental health: A pilot study



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Objective: The aim of this study was to investigate the relationship between positive mental health and insecure attachment, borderline personality disorder symptoms, and depression among a pilot sample of 30 students at Chiang Mai University.

Design: This is an observational, cross-sectional study.

Methods: This study was conducted as an observational, cross-sectional study with 30 undergraduate students at Chiang Mai University in 2023. Participants completed several questionnaires, including measures of depression (Outcome Inventory-21 depression subscale), insecure attachment (Experience of Close Relationship Questionnaire-Revised), borderline personality symptoms (Screening Instrument for Borderline Personality Disorder), character strengths (Composite Scale of Prudence, Humility, Self-regulation, and Gratitude), and four Immeasurable (loving-kindness, compassion, joy, and equanimity; Four Immeasurable Scale). Descriptive and correlational analyses were performed to explore the relationships between the variables.

Results: Of the 30 participants, 40% were male, 50% were female and 10% were LGBT+ with a mean age of 21.8 (SD =1.29) years. Cronbach's alpha coefficients for all scales were acceptable (ranging from 0.792 to 0.921). Depression was significantly correlated with borderline personality disorder symptoms ($r = .597, p <.01$), but not with other variables. Insecure attachment (avoidance) was negatively related to character strengths ($r = -.414, p <.05$) and four immeasurable ($r = -.526, p <.01$). Additionally, character strengths were positively correlated with four immeasurable ($r = .650, p <.01$).

Conclusion: This pilot study suggests that there may be significant correlations between some variables, such as borderline personality disorder symptoms and depression, and the role of positive mental health factors, such as character strengths and the Four Immeasurable, on other independent variables. However, further research with a larger sample size is needed to confirm these findings.

Syntactic differences between older adults with and without depressive disorders: a pilot study in Thailand



Chengjie Xu, Prof. Nahathai Wongpakaran, MD, FRCPsychT, Prof. Tinakon Wongpakaran, MD, FRCPsychT, Assistant Prof. Teeranoot Siriwittayakorn, Ph.D., Prof. Danny Wedding, Ph.D., MPH, Pairada Varnado, MSc (Clin Psychol)

A case control study was conducted to compare syntax scores between older people with and without depression, and to investigate a relationship between syntax scores and mood levels. There were 60 native Thai participants. They were male and female and were all above 60 years old. They received at least primary school education. The participants were divided into two groups: a case group and a control group. Participants in both groups matched in terms of gender and age. Participants who were in the case group were patients in the Geriatric Unit of Faculty of medicine, Chiang Mai university. They were diagnosed with MDD according to DSM-5. Their TGDS was above six and their Mini cog scores were higher than three. For those who could not provide NCD history, their TGDS were lower than five and their Mini cog scores were above three. Participants from both groups took a syntax test adapted from SB5 and WAIS-4. To analyse the data, scores will be given to number of words, and the number of words used in each syntactic category such as verbs, adjectives, and adverbs. The scores of the two groups will be compared using t-test and Chi-square. Pearson's and Spearman's rank analysis will be carried out for correlational analysis between syntax scores and severity of depression. It is hypothesized that firstly, the total score of syntax error in depressed older people will be higher than in non-depressed older people. Secondly, the word 'I' used in negative memories will be more prevalent among older people with depression than older people without depression. Thirdly, verbs will be used more prevalently among older people with depression than older people without depression. Lastly, nouns will be used less among older people with depression than older people without depression.

Objective: To compare syntax scores between older people with and without depression, and to investigate a relationship between syntax scores and mood levels.

Design: A case-control study.

Methods: Patients in the Geriatric Unit of Faculty of medicine, Chiang Mai university. They were diagnosed with MDD according to DSM-5. Their TGDS was above six and their Mini cog scores were higher than three. For those who could not provide NCD history, their TGDS were lower than five and their Mini cog scores were above three. Participants from both groups took a syntax test adapted from SB5 and WAIS-4. To analyze the data, scores will be given to number of words, and the number of words used in each syntactic category such as verbs, adjectives, and adverbs. The scores of the two groups will be compared using t-test and Chi-square. Pearson's and Spearman's rank analysis will be carried out for correlational analysis between syntax scores and severity of depression.

Hypothesis: It is hypothesized that firstly, the total score of syntax error in depressed older people will be higher than in non-depressed older people. Secondly, the word 'I' used in negative memories will be more prevalent among older people with depression than older people without depression. Thirdly, verbs will be used more prevalently among older people with depression than older people without depression. Lastly, nouns will be used less among older people with depression than older people without depression.

Resilience in student nurses regarding undergraduate nursing education



Jassica HOLMGREN, Associate Professor, Ph.D., RN., Margareta ASP, Professor, Ph.D., RN., Annica LÖVENMARK, Ph.D., RN., Matanee RADABUTR, Ph.D., RN

¹Mälardalen University, Sweden

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Objective: This study aimed to explore quantitative and qualitative studies related to resilience in student nurses within undergraduate nursing education. Resilience is recognized as one of the vital factors that can help student nurses manage adversities during their nursing education.

Design: In this study, Whittemore and Knaf’s framework of the integrative review method was used to analyze and synthesize both quantitative and qualitative publications focusing on resilience among student nurses. The integrative review method allowed for the consideration of empirical research related to resilience in undergraduate nursing education. The framework for data collection, analysis, and synthesis consists of five stages: problem identification, literature search, data evaluation, data analysis, and presentation.

Methods: Three electronic databases, including CINAHL Plus, PubMed, and MEDLINE were used to search for resilience and health among student nurses in undergraduate nursing programs. The Mixed Methods Appraisal Tool (MMAT) appraised the final sample for quality.

Results: Fifty-two empirical studies were used to explore different resilience aspects among student nurses. Three current scopes of knowledge related to student nurses’ resilience within the context of undergraduate nursing education were revealed; (1) the concept and description of resilience, (2) the affecting characteristics of resilience, and (3) the mediating role of resilience in maintaining holistic health.

Conclusion: Resilience is recommended to add to an undergraduate nursing curriculum, and resilience enhancement programs for student nurses should be provided. Exploring a relationship between resilience and holistic health among student nurses and the affecting characteristics of student nurses' resilience are highlighted for future research. Additionally, a future study regarding the influence of resilience on global health crises is recommended. Resilience helps student nurses to handle difficulties during their classroom and clinical education. Furthermore, student nurses will be able to contribute to society as resilient nurses in the future.

Keywords: Health, Integrative Review, Nursing Education, Resilience, Student Nurse

Give from gifts: an activity for self-acceptance and positive mental health



Nantawarn Kitikannakorn¹, Pharm.D, Ph.D, Witoo Dilokthornsakul¹, Ph.D, Karnkamol Trisopon², Ph.D, Siripat Chaichit², Ph.D, Rattanaporn Awiphan¹, Ph.D, Nopphadol Chalortham², Ph.D

¹Department of Pharmaceutical care, Chiangmai University, Thailand

²Department of Pharmaceutical Sciences, Chiangmai University, Thailand

Objective: This study aims to know how self-acceptance can help students coping the stresses and restrictions of social interaction after COVID-19 pandemic.

Design: Qualitative review from self-reflection.

Methods: This research conducts a real-world learning in the classroom called “Self-development professionalism.” This is a very first time that students switch from almost 2-years online to face-to-face learning. We ask their lifestyle and their gifts before randomizing them to fourteen groups. Each group must design show or share their gifts and hobby to the other groups. This class activity is designed for help them accepting their values, preferences, resources, feelings, intuitions, and actions.

Results: Totally, 131 students enrolled the class. Students struggled with the lack of physical support from their peers and lecturers. We investigate their activity and self-report evaluation. During preparing the activity, students are able to meet their peers more frequently as before. Students expressed challenges with time management, distraction and problems associated with group members. Discuss for the best performance, promoting their potential mediating roles in the relationship between perceived available peer support. “Give from gifts” activity is adequate support within their social networks, coping strategies and activities, and self-acceptance. Students’ reflection that self-acceptance for teamwork, they recognize that they are not the cause of all the negative situations. They avoid self-blame and try to be objective and evaluate other factors that may have played a role in the circumstances.

Conclusion: Higher education worldwide are undergoing unprecedented change. COVID-19 pandemic leads to isolation which reduced the opportunities to engage in activities with their colleagues. The mental well-being of pharmacy students is growing after the activity. We can assume that some of the students would have been experiencing high levels of self-acceptance and challenge to interact with their social network. Having a positive attitude toward themselves is lead to a positive mental health.

Symposium session 2

: Positive mental health around the world-Part II

1. Positive Psychology: lesson learned from 11th century scholar

Diana Setiyawati, Ph.D.

Centre for Public Mental Health, Faculty of Psychology, UGM



Moderator: Lecturer Chidchanok Ruengorn, Ph.D., and Lecturer Justin DeMaranville, M.Sc.



Contents:

The Indonesia happening disaster is frequent situations. This leads to a picture of the spiritual life and spirituality of the people of Indonesia. Positive mental health is one of the measures by which people live and cope with disasters.

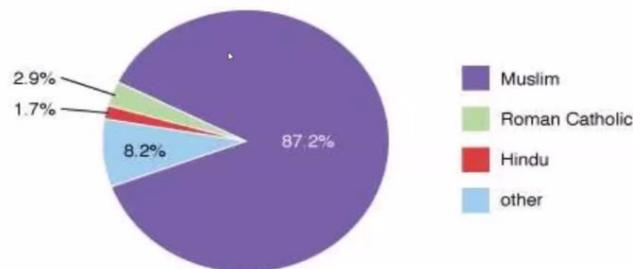
Indonesia hit by disasters



Source: USGS

AFP

Religious affiliation (2010)



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In Indonesia, 87.2% of the people are Muslim.

Pancasila is the official philosophical foundation of the Indonesian state. It consists of five principles: belief in one God, just and civilized humanity, unity of Indonesia, democracy guided by the inner wisdom in the unanimity arising out of deliberations among representatives, and social justice for all Indonesian people. These principles were formulated by Indonesia's founding fathers and are considered essential for the country's unity and progress.

Pancasila (politics) - Wikipedia
[https://en.wikipedia.org/wiki/Pancasila_\(politics\)](https://en.wikipedia.org/wiki/Pancasila_(politics))

Pancasila is the official, **foundational philosophical theory of Indonesia**. The name is made from two words originally derived from Sanskrit: "pañca" ("five") and "śīla" ("principles", "precepts"). It is composed of five principles: Ketuhanan yang Maha Esa (Belief in the one and only God) Kemanusiaan yang adil dan ... See more

Background

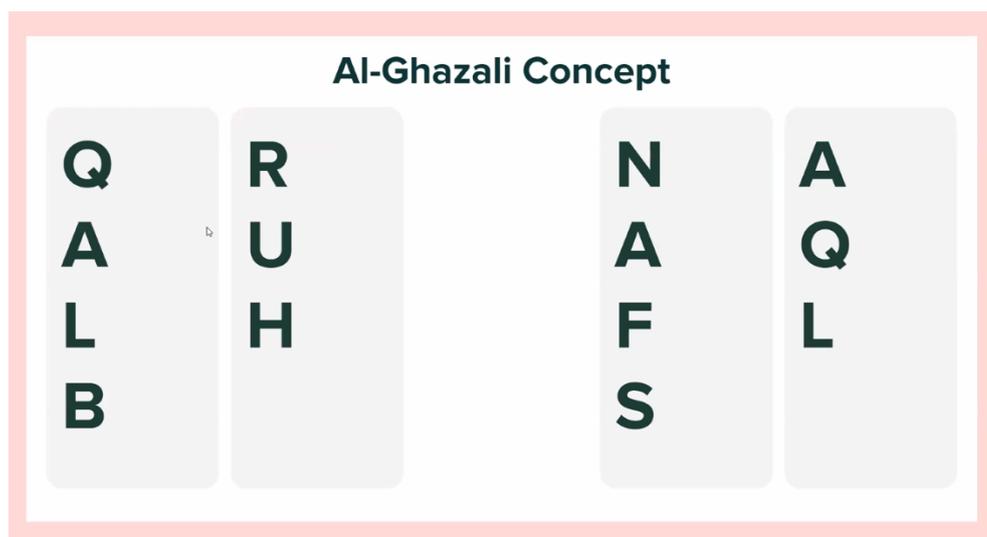
In 1942, the Empire of Japan invaded and occupied the Dutch East Indies. Following setbacks in the Pacific War, the Japanese promised future self-government for Indonesia and in September 1943, established the See more

Formulation

On the final day of the first session, Indonesian nationalist **Sukarno** made a speech, later to become known as the "Birth of Pancasila Address", in which he outlined five principles, which he proposed would form the philosophical basis of an independent ... See more

See all on Wikipedia >

Al-Ghazali was a famous Muslim philosopher, theologian, and jurist who lived during the 11th century. He was born in Tus, a city in northeastern Iran in 1058 CE. He made valuable contributions to various fields such as logic, metaphysics, Islamic jurisprudence, and ethics. He is considered one of the most influential Muslim scholars of all time, and his works are studied and revered to this day. As a philosopher, al-Ghazali was especially known for his skepticism towards philosophy and his focus on the importance of spiritual and religious experience. He believed that philosophy alone could not provide ultimate truth, and that only through direct experience of God could true knowledge and understanding be attained. Al-Ghazali's most famous work is "The Revival of the Religious Sciences" (Ihya' 'Ulum al-Din), a compendium of Islamic law, ethics, and spirituality. He also authored several other influential works, including "The Incoherence of the Philosophers" (Tahafut al-Falasifah), a critique of Greek philosophy in Islamic context, and "The Hemy of Happiness" (Kimiya al-sa'adat), a guide to Sufi spirituality. Al-Ghazali died in 1111 CE in Baghdad, where he had been teaching at a religious school. His influence on Islamic scholarship and thought continues to be felt to this day.



Indonesia is a predominantly Muslim country, and Islamic teachings can be seen as promoting positive psychology concepts. For example, Islam emphasizes the importance of gratitude, compassion, forgiveness, and resilience. These values are all central to positive psychology and have been shown to be linked to greater well-being. Likewise, other religions practiced in Indonesia, such as Hinduism, Buddhism, and Christianity, also emphasize similar values to support positive psychology concepts. Through religious teachings, Indonesians are encouraged to practice positive behaviors that can improve their psychological well-being and enhance their relationships with others. Overall, it can be argued that the positive psychology concept is already embedded in Indonesian society through various religious teachings that encourage individuals to practice positive attitudes and behaviors.

**Positive
Psychology
Concept is already
embed in
Indonesian society
through religious
teaching.**



Students, draw anywhere on this slide!

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Summary:

- Pancasila

Belief in one God, just and civilized humanity, unity of Indonesia, democracy guided by the inner wisdom in the unanimity arising out of deliberations among representatives, and social justice for all Indonesian people.

- Al-Ghazali

The most influential Muslim scholars of all time. The most famous work is "The Revival of the Religious Sciences" which is a compendium of Islamic law, ethics, and spirituality.

- Indonesia

A Muslim country which teaches about promoting positive psychology concepts. For example, how to emphasize the importance of gratitude, compassion, forgiveness, and resilience. The positive psychology concept is already embedded in Indonesian society through various religious teachings that encourage individuals to practice positive attitudes and behaviors.

Awards

Criteria are used to make decisions including 6 domains; clarity

1. Namely Clarity
2. content
3. Style & Delivery
4. use of visual aid
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.

Excellent presentation Award

Dr.Tanrin Hiranwong

“Mistreatment, academic motivation and mental health challenges among medical students in Thailand”



Best Presentation Award

Ms. Yuanyue Huang

“Depression and its associated factors among undergraduate engineering students:
A cross-sectional survey in Thailand”



Best Presentation Award

Ms. Tong Yang

“Factors associated with depression in infertile couples: A study in Thailand”

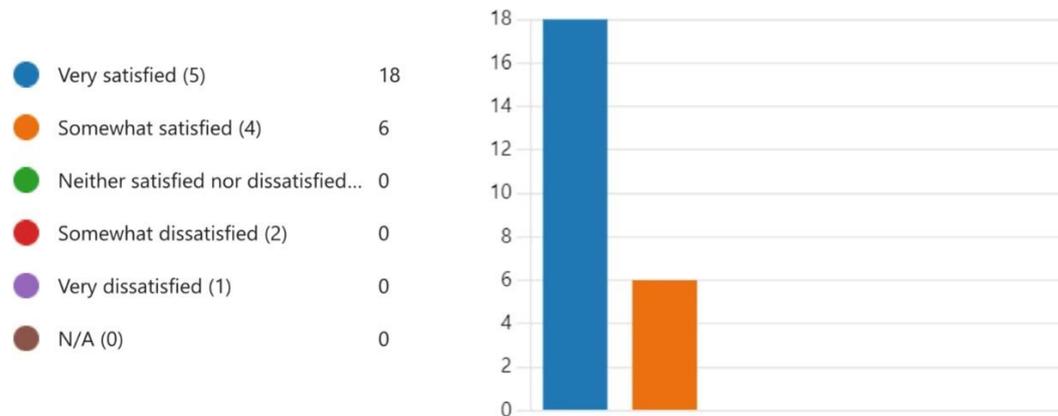


Feedback from participants

Online survey (24 responses)

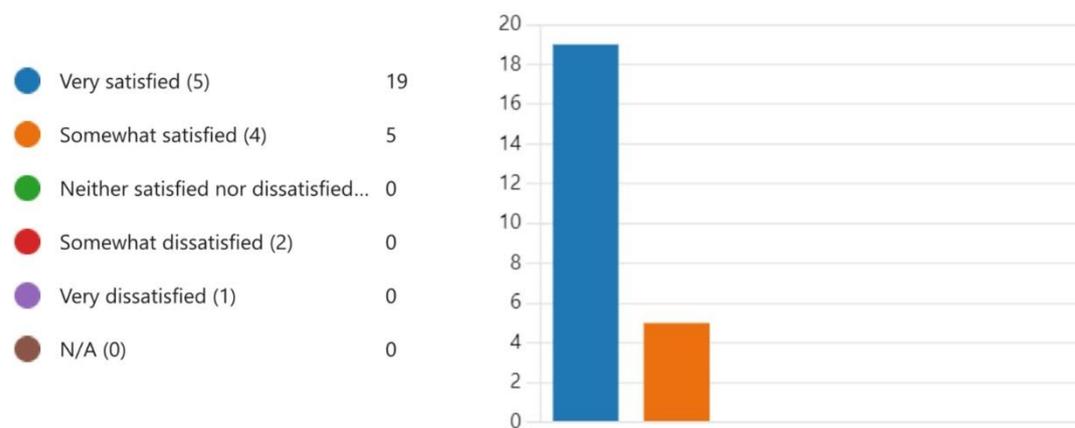
1. How satisfied are you with the whole schedule?

: 75% very satisfied, 25% somewhat satisfied



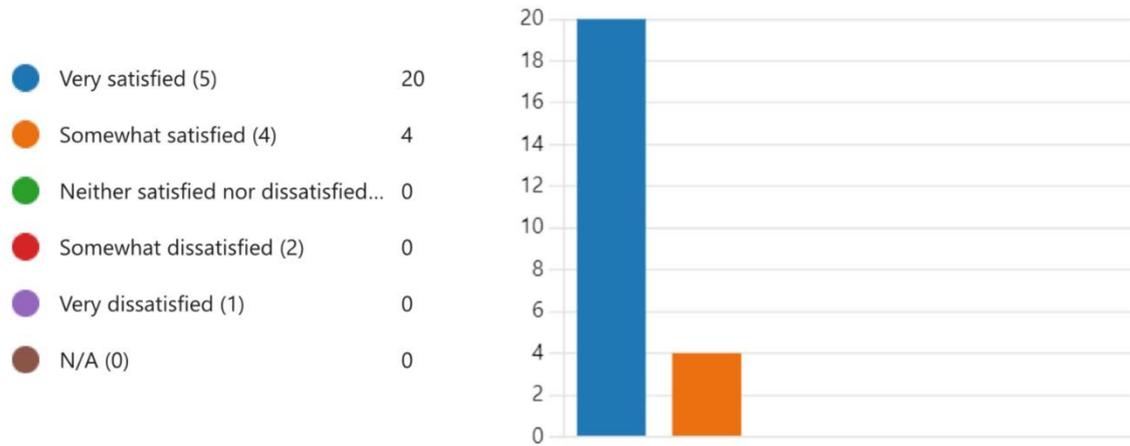
2. How satisfied are you with the public relation?

: 79% very satisfied, 21% somewhat satisfied



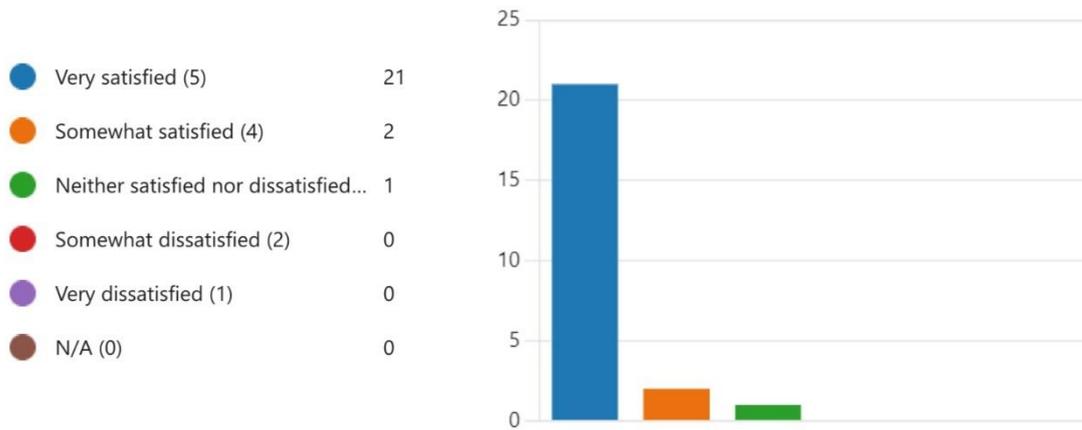
3. How satisfied are you with the conference information?

: 83% very satisfied, 17% somewhat satisfied



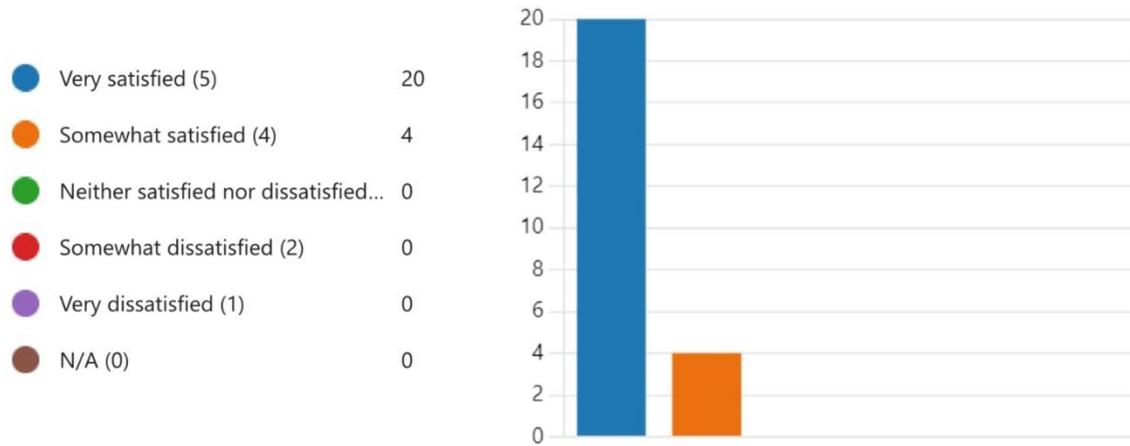
4. How satisfied are you with the registration process?

: 87.5% very satisfied, 8% somewhat satisfied, 4% Neither satisfied nor dissatisfied



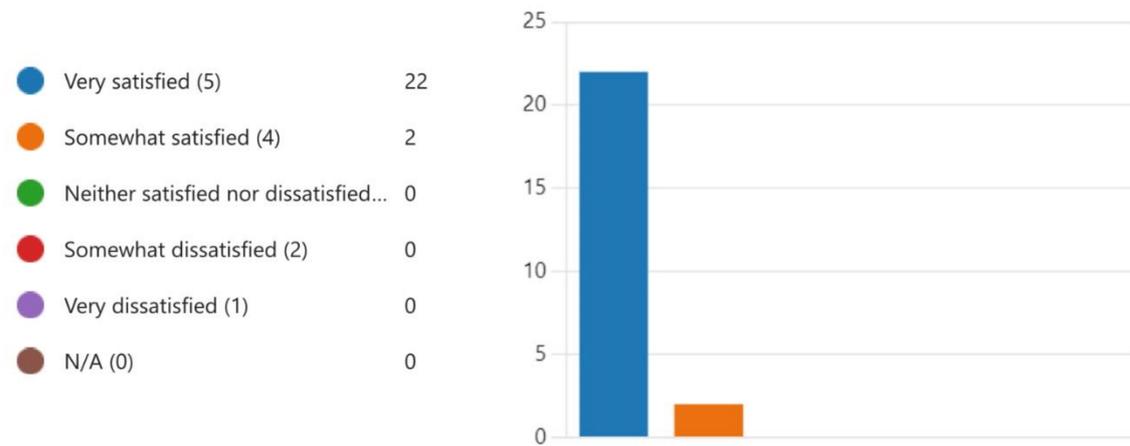
5. How satisfied are you with the virtual conference arrangement via Zoom Meeting?

: 83% very satisfied, 17% somewhat satisfied



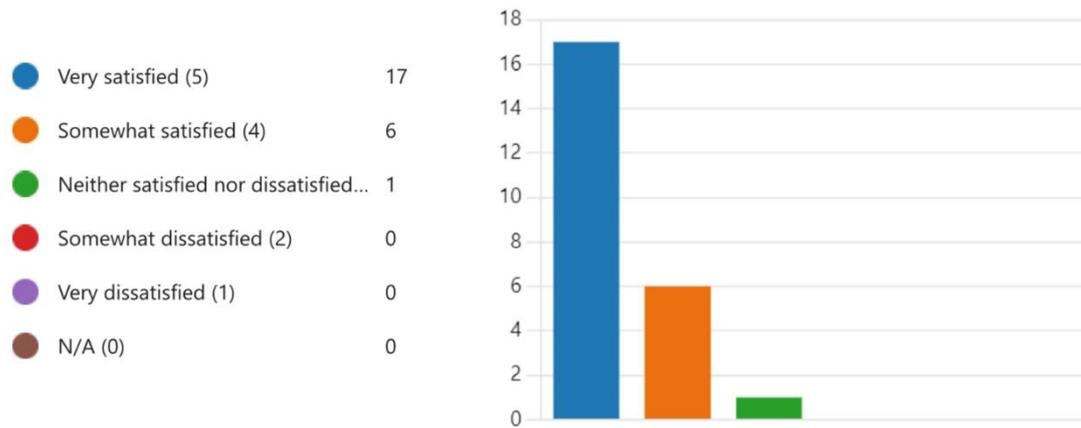
6. How satisfied are you with the knowledge of speakers?

: 92% very satisfied, 8% somewhat satisfied



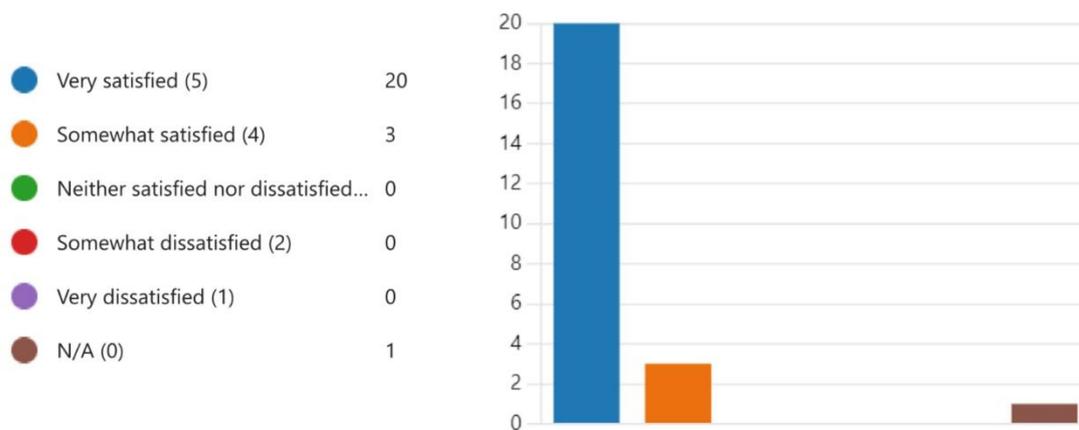
7. How satisfied are you with the opportunity to express your opinion?

: 71% very satisfied, 25% somewhat satisfied, 4% Neither satisfied nor dissatisfied



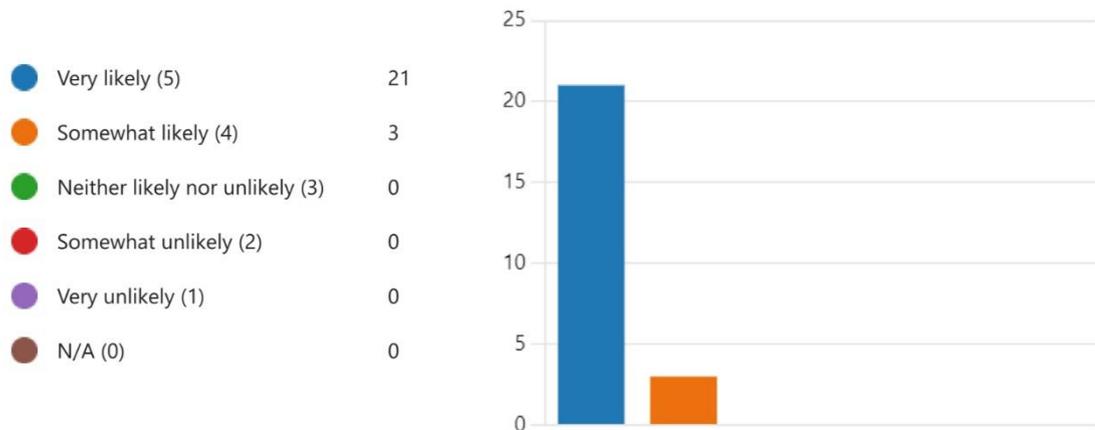
8. How satisfied are you with the facilities through the virtual conference?

: 83% very satisfied, 12.5% somewhat satisfied, 4% N/A



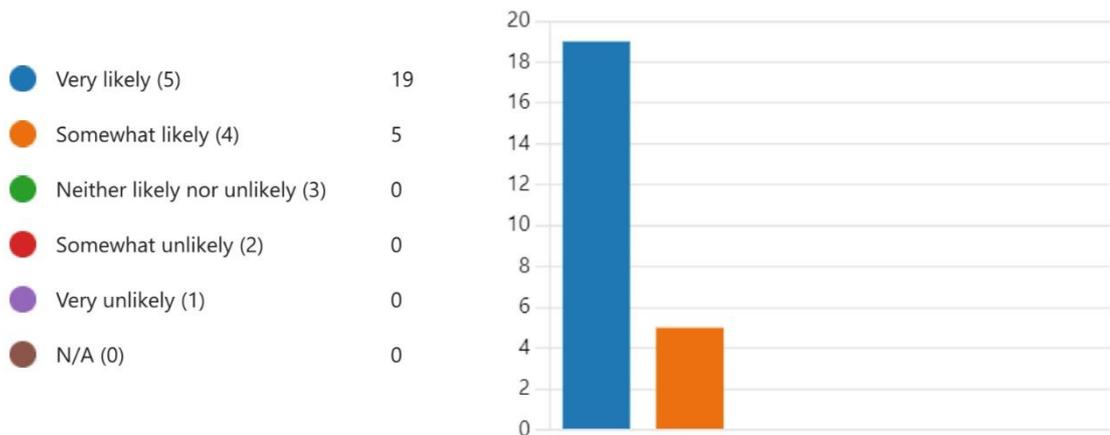
9. How likely are you to attend another meeting like this in the future?

: 87.5% very likely, 12.5% somewhat likely



10. How likely are you to recommend future meetings like this to your friends or colleagues?

: 79% very likely, 21% somewhat likely



11. Question or Comment

- “I would like to see more focus on evidence-based research”
- “Thank you for giving me an opportunity to join this conference. It was very productive, motivative, and inspiring. I was impressed with all guest speakers and all presentations. The MHRC team organized and managed everything really well. The atmosphere was energetic and friendly. THANK YOU VERY MUCH! <3”
- “Great conference. Thank you!”

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