

ICCAP 2023

15th International Conference on Child and Adolescent Psychopathology

Kuching, Sarawak (on Borneo Island)
August 7 – 9, 2023



**TRIBE
LEGACY
SARAWAK
CAMPAIGN**



Ministry of Tourism, Creative
Industry
and Performing Arts Sarawak

**University of
Roehampton
London**



Ministry of Public Health,
Housing
and Local Government Sarawak

**BUSINESS EVENTS
SARAWAK**

Dear Colleagues and Friends,

It is an honour and privilege to welcome you to our 15th International Conference on Child and Adolescent Psychopathology (ICCAP) in Kuching, Sarawak (on Borneo Island), Malaysia. This is the second time that the ICCAP is being hosted in Kuching and outside of London, UK. We are excited to see that many of you have travelled from around the World, with 32 countries being represented.

The conference offers you a full social and scientific program that includes 14 keynote addresses, 1 experience-sharing lecture, 15 symposia, 10 in-conference workshops, 3 minor workshops, two poster sessions, 15 open paper sessions, pre-conference party, and a gala dinner.

We will also be launching our research project (*Promoting mental health among at-risk adolescents in Malaysia*; Funded by the Kavli Trust) and our new book (*Handbook of Child and Adolescent Psychology Treatment Modules: Personalized Care in Behavior and Emotion*. New York: Academic Press).



We wish to extend our deepest appreciation to the State Government of Sarawak and the Business Events Sarawak; Ministry of Tourism, Creative Industry and Performing Arts Sarawak; and Ministry of Public Health, Housing and Local Government Sarawak for supporting this conference.

I hope you all find time to explore the romantic history and charm of Kuching, the capital of Sarawak. Sarawak, famously known as the “Hidden Paradise of Borneo”, and with its rich cultures, heritage and natural wonders, offers an exotic range of attractions to see and things to do.

I wish you a stimulating conference and a pleasant stay in Kuching !

Cecilia A Essau, HBA, MA, PhD, Habilitation, SFHEA, CPsychol, FBPsS
Chair, Organizing and Scientific Committees of the ICCAP2023

Organised by

School of Psychology
University of Roehampton
London, UK



Supported by



Contact

Prof Dr Cecilia A. Essau
School of Psychology
University of Roehampton
London, UK

Tel: +44-20-8392 3647

E-Mail:

C.Essau@roehampton.ac.uk

Keynote Addresses

Keynote Addresses
Day 1 – Monday (August 7, 2023)
 Venue: Colosseum 1 (level 1)

- 11:30 – 12:15** **Mitigating negative mental health and educational impacts of COVID-19 preventative measures**
Cecilia A. Essau (University of Roehampton, UK)
- 12:15 – 13:00** **Preventing overweight and obesity in preschoolers with a multi-component kindergarten-based behavioural intervention: ToyBox Study Malaysia**
Poh Bee Koon (Universiti Kebangsaan Malaysia, MALAYSIA)
- 13:45 – 14:30** **The impact of attention, arousal and anxiety in the classroom for autistic and neurodivergent pupils**
Deborah Riby (Durham University, UK)
- 14:30 – 15:15** **Neural sociometrics: Parent-infant neural social dynamics in early mental health and learning**
Victoria Leong Vik Ee (Nanyang Technological University, SINGAPORE)
- 15:15 – 16:00** **Empowering youth: Celebrating culture and the art of cultural adaptation**
Shanaya Rathod (Southern Health NHS Foundation Trust, UK)

Keynote Addresses
Day 2 – Tuesday (August 8, 2023)
 Venue: Colosseum 1 (level 1)

- 11:00 – 11:45** **Treatment of obsessive-compulsive disorder (OCD) in children and adolescents: Improving access to care and child outcomes**
Lara Farrell (Griffith University, AUSTRALIA)
- 11:45 – 12:30** **Emerging digital technologies and young people: Understanding the risks and benefits of the increasing intersections between gaming, gambling and speculative investments**
Paul Delfabbro (University of Adelaide, AUSTRALIA)
- 12:30 – 13:15** **Drug use disorders and related problems among young people**
Anja Busse (United Nations Office on Drugs and Crime, AUSTRIA)

- 14:00 – 14:45** **Antisocial behaviour and callous-unemotional traits in children and adolescents in the school setting**
Jennifer Allen (University of Bath, UK)
- 14:45 – 15:30** **Implementing sexual health education: The journey of bridging the know-do gap**
Janet Wong Yuen-Ha (Hong Kong Metropolitan University, HONG KONG)

Experience-Sharing Lecture

Venue: Colosseum 1 (level 1)

- 15:30 – 16:00** **Reframing what we think we know about Autism through my lived experience**
Beatrice Leong (Autism Inclusiveness Direct Action Group, MALAYSIA)

Keynote Addresses

Day 3 – Wednesday (August 9, 2023)

Venue: Colosseum 1 (level 1)

- 10:45 – 11:30** **Depression and suicidal ideation and behaviour in adolescents**
Susan H. Spence (Griffith University, AUSTRALIA)
- 11:30 – 12:15** **Genetic and environmental influences on mental health difficulties in young people with developmental language disorder**
Umar Toseeb (University of York, UK)
- 12:15 – 13:00** **Cross-cultural similarities and differences in reporting autistic symptoms in toddlers**
Toh Teck Hock (SEGi University Sibu Clinical Campus & Sibu Hospital, Sarawak, MALAYSIA)
- 13:45 – 14:30** **The importance of play in supporting children's social and emotional wellbeing**
Helen Dodd (University of Exeter, UK)

Workshops (Pre-registered)

Workshops Day 1 (7th August, 2023) – Monday

- | | |
|--|---|
| 8:00 – 11:00 Venue: Gizza | Preventing anxiety and depression in young people using the Super Skills for Life programme <i>Priscilla Ho</i> (Creativity At Heart Penang, MALAYSIA) |
| 8:00 – 11:00 Venue: Taj Mahal | Supporting autistic children's communication with Augmentative and Alternative Communication (AAC) <i>Ennie Yong</i> (GENIUS Kurnia, Ministry of Education, MALAYSIA) |
| 15:45 – 18:45 Venue: Gizza | Treating sleep problems in children <i>Caroline Donovan</i> (Griffith University, AUSTRALIA) |
| 15:45 – 18:45 Venue: Taj Mahal | Assessing attachment trauma and autism <i>Sharon Allan</i> (University of Roehampton, UK) |

Workshops Day 2 (8th August, 2023) – Tuesday

- | | |
|--|---|
| 8:00 – 11:00 Venue: Gizza | Mindfulness in schools <i>Bilge Uzun</i> (Bahçeşehir Üniversitesi, TURKEY) |
| 8:00 – 11:00 Venue: Taj Mahal | Using Dialectical Behavioural Therapy skills in clinical setting <i>Sharon Allan</i> (University of Roehampton, UK) |
| 15:45 – 18:45 Venue: Gizza | Using play and storytelling to promote children's mental health <i>Priscilla Ho</i> (Creativity At Heart Penang, MALAYSIA) |
| 15:45 – 18:45 Venue: Taj Mahal | Translating research to practice: The Triple-A intervention to support autistic and neurodivergent pupils at school <i>Deborah Riby</i> (Durham University, UK) |

Workshops Day 3 (9th August, 2023) – Wednesday

- | | |
|---|--|
| 8:00 – 11:00 Venue: Gizza | Preventing overweight and obesity in children using the ToyBox Malaysia <i>Whye Lian Cheah</i> (Universiti Malaysia Sarawak, MALAYSIA) |
| 8:00 – 11:00 Venue: Taj Mahal | Risk assessment and management of young people who present a risk of serious harm <i>Sharon Allan</i> (University of Roehampton, UK) |

PROGRAM AT A GLANCE - MONDAY

| Day 1 (7 th August, 2023) – Monday | | |
|--|--|----------------|
| 7:30 – 17:00 | Registration | Foyer |
| Parallel sessions 1 8:00 – 9:30 (Rooms) | | |
| | <u>Mini Workshop 1:</u> Articles and research grant writing | (Olympia 1) |
| | <u>Symposium 1:</u> What and why these happen to our kids? Understanding emotional, behavioral and psychiatric disorders in kids and adolescents | (Eiffel 1) |
| | <u>Open Papers 1:</u> Mental health problems and suicidal behavior | (Eiffel 2) |
| | <u>Open Papers 2:</u> Special needs and inclusion | (Machu Picchu) |
| | <u>Featured Research Program – Malaysia:</u> Substance use among Malaysian youths: Prevalence, prevention and intervention (part 1) | (Colosseum 1) |
| Parallel sessions 2 9:30 – 10:30 | | |
| | <u>Symposium 2:</u> Autism and learning disorders | (Eiffel 1) |
| | <u>Symposium 3:</u> Supporting resilience in children through understanding and promoting the parenting-child relationship | (Olympia 1) |
| | <u>Symposium 4:</u> Children and young people's experiences of domestic violence: Findings from two Australian studies | (Machu Picchu) |
| | <u>Open Papers 3:</u> Mental health problems and mental health literacy across cultures | (Eiffel 2) |
| | <u>Featured Research Program – Malaysia:</u> Substance use among Malaysian youths: Prevalence, prevention and intervention (part 2) | (Colosseum 1) |
| 10:30 – 11:00 | Coffee break and Networking; Poster viewing | |
| 8:00 – 11:00 | Workshop (pre-registered): Preventing anxiety and depression in young people using the Super Skills for Life programme | (Gizza) |
| 8:00 – 11:00 | Workshop (pre-registered): Supporting Autistic Children's Communication with Augmentative and Alternative Communication (AAC) | (Taj Mahal) |
| 11:00 – 13:030 | Opening ceremony | (Colosseum 1) |
| | Welcome and Keynote Address 1: Mitigating negative mental health and educational impacts of COVID-19 preventative measures | |

| | | |
|---|--|--|
| Cultural Performance | | |
| Opening Address: Yang Berhormat Dato Sri Professor Dr Sim Kui Hian (Deputy Premier of Sarawak cum Minister for Public Health, Housing & Local Government of Sarawak) | | |
| 12:15 – 13:00 | Keynote Address 2: Preventing overweight and obesity in preschoolers with a multi-component kindergarten-based behavioural intervention: ToyBox Study Malaysia | (Colosseum 1) |
| 13:00 – 13:45 | Lunch and Networking; Poster viewing | |
| 13:15 – 13:45 | Poster session #1 | |
| 13:45 – 14:30 | Keynote Address 3: The impact of attention, arousal and anxiety in the classroom for autistic and neurodivergent pupils | (Colosseum 1) |
| 14:30 – 15:15 | Keynote Address 4: Neural sociometrics: Parent-infant neural social dynamics in early mental health and learning | (Colosseum 1) |
| 15:15 – 16:00 | Keynote Address 5: Empowering youth: Celebrating culture and the art of cultural adaptation | (Colosseum 1) |
| 16:00 – 16:15 | Coffee break and Networking | |
| Parallel sessions 3 16:15 – 17:30 | | |
| 16:15 – 17:30 | <u>Symposium 5</u> : Adolescent mental health, self-esteem and coping during the COVID-19 pandemic <u>Symposium 6</u> : Parents as resources for kids to stay well <u>Case Studies</u> : Resilience Building <u>Open Papers 4</u> : Young people’s perception of mental health/Emotion regulation <u>Featured Research Program – Malaysia</u> : Substance use among Malaysian youths: Prevalence, prevention and intervention (part 3) | (Machu Picchu) (Olympia 1) (Eiffel 1) (Eiffel 2) (Colosseum 1) |
| 15:45 – 18:45 | Workshop (pre-registered): Treating sleep problems in children | (Gizza) |
| 15:45 – 18:45 | Workshop (pre-registered): Assessing attachment trauma and autism | (Taj Mahal) |

DAY 2 – TUESDAY (8th AUGUST 2023)**16:15 – 17:30****Symposium 14: From research to implementation to practice: Charting a new course for early childhood development in Singapore****Chair:** Evelyn Tan (National University of SINGAPORE)**Venue:** Colosseum 1**16:15 – 16:30****Addressing an unmet need: Establishing a research-informed, multi-disciplinary centre for early child development****Cheryl Seah**^{1,2}, Moong Li Chu¹, Evelyn Tan^{1,2}, Keri McCrickerd^{1,3}, Gayatri Kembhavi-Tam^{1,2}, Shang Chee Chong^{1,4}, Adrian Sandler¹, Bryce McLeod⁵, Robyn Mildon^{1,2}, & Esther Goh^{1,2}¹National University of Singapore, SINGAPORE²Centre for Evidence and Implementation, SINGAPORE³Singapore Institute for Clinical Sciences, A*STAR, SINGAPORE⁴National University Hospital, SINGAPORE⁵Virginia Commonwealth University, Virginia, USA**16:30 – 16:45****Enhancing caregiving practices among grandparents: Co-development of the LEarning To Support Play (LET'S Play) programme and implementation strategies in Singapore****Moong Li Chu**¹, Cheryl Seah^{1,2}, Evelyn Tan^{1,2}, Keri McCrickerd^{1,3}, Gayatri Kembhavi-Tam^{1,2}, Shang Chee Chong^{1,4}, Adrian Sandler¹, Bryce McLeod⁵, Robyn Mildon^{1,2}, & Esther Goh^{1,2}¹National University of Singapore, SINGAPORE²Centre for Evidence and Implementation, SINGAPORE³Singapore Institute for Clinical Sciences, A*STAR, SINGAPORE⁴National University Hospital, SINGAPORE⁵Virginia Commonwealth University, USA**16:45 – 17:00****From evidence to implementation: Enhancing social, emotional, behavioural and executive function outcomes for preschool children in Singapore through the EASEL approach****Evelyn TAN**^{1,2}, Cheryl Seah^{1,2}, Moong Li Chu¹, Keri McCrickerd^{1,3}, Gayatri Kembhavi-Tam^{1,2}, Shang Chee Chong^{1,4}, Adrian Sandler¹, Bryce McLeod⁵, Robyn Mildon^{1,2}, & Esther Goh^{1,2}¹National University of Singapore, SINGAPORE²Centre for Evidence and Implementation, SINGAPORE³Singapore Institute for Clinical Sciences, A*STAR, SINGAPORE⁴National University Hospital, SINGAPORE⁵Virginia Commonwealth University, USA

Open Papers 8: Violence/Relational victimization/Callous-unemotional traits

Chair: Sinead Morrison (University of Bath, UK)

Venue: Olympia 1

16:15 – 16:30

The boy who risks his life to kill Jabberwocky

Anita Codati

Hospital Tunku Azizah (Women & Children's) Kuala Lumpur,
MALAYSIA

16:30 – 16:45

Suicidal risk in adolescents who assault their parents: Results from the EPISAM-School study

Wala Ayad-Ahmed¹, Adriana Garcia-Ramos², Maria Camila Varela-Mora², Claudia Sanchez-Gomez², Paula Arias-Rodriguez², Paola Marin-Santos², Alberto Sanchez-Fernandez-Quejo², Nicole Frontero³, Marta Velazquez⁴, Veronica Fernandez-Rodrigues^{1,2}, & Alejandro de la Torre-Luque.^{1,5}

¹San Carlos Clinic Hospital, SPAIN

²Complutense University of Madrid, SPAIN

³Polytechnic University of Madrid, SPAIN

⁴Autonomous University of Madrid, SPAIN

⁵CIBERSAM ISCIII, SPAIN

16:45 – 17:00

"How do you sleep at night?" The association between stressful life events, sleep and callous-unemotional traits

Sinead Morrison, Rachael Bedford, & Jennifer Allen
University of Bath, UK

Open Papers 9: Preventing mental health disorders in young people

Chair: Bilge Uzun (Bahçesehir University, TURKEY)

Venue: Eiffel 2

- 16:15 – 16:30** **Effect of mindfulness-based “Super Skills for Exam Program” on test anxiety: Sample of Ugur Schools’ students in Turkey**
- Karadeniz, Ş.¹, Cetinkaya, O.², Alver, E.³, Yildiz, E.D.¹, Uzun, B.¹, & Essau, C.⁴
¹Bahçesehir University, TURKEY
²Ugur Schools
³Turkish National Police Academy
⁴Roehampton University, UK
- 16:30 – 16:45** **Childhood anxiety management: A feasibility trial of Super Skills for Life program in Pakistan**
- Nazia Mustafa** & Aneela Maqsood
 Fatima Jinnah Women University, PAKISTAN
- 16:45 – 17:00** **Eye movement desensitization and reprocessing versus cognitive behavioral therapy: Which works better for post-traumatic stress disorder in Pakistan? A two-year longitudinal study**
- Anwar Khan** & Amalia bt Madihie
 Universiti Malaysia Sarawak, MALAYSIA
- 17:00 – 17:15** **Framing the psychological well-being of residents in orphanage: A review**
- Nadzirah Mawi**, Asma Perveen, & Hazalizah Hamzah
 Sultan Idris Education University, MALAYSIA
- 17:15 – 17:30** **Views on Sexual Education at Home: a qualitative exploration among Malaysian adolescents**
- Noor Azimah Muhammad**¹, Teh Rohaila Jamil¹, Farah Umairah Sallehudin², Rosnah Sutan¹, Khansa' Abd Halim³, Wan Nur Baiti Sudin³, & Mohd Al Adib Samuri¹
- ¹Universiti Kebangsaan Malaysia, Kuala Lumpur, MALAYSIA
²Faculty of Human Development, Universiti Pendidikan Sultan Idris, Perak, MALAYSIA
³National Population and Family Development Board Wilayah Persekutuan, Kuala Lumpur, MALAYSIA

Eye movement desensitization and reprocessing versus cognitive behavioral therapy: Which works better for post-traumatic stress disorder in Pakistan? A two-year longitudinal study

Anwar Khan & Amalia bt Madihie

Universiti Malaysia Sarawak, MALAYSIA

Background and Aim: Post-Traumatic Stress Disorder (PTSD) is a psychiatric disorder, triggered by traumatic events. Modern evidence-based psychotherapies, like, Eye Movement Desensitization & Reprocessing (EMDR) and Cognitive Behavioral Therapy (CBT) have been used for the treatment of PTSD, however, little evidence exists regarding the comparative efficacy of these two psychotherapies, especially in Pakistan. Keeping this research gap in view, the current Randomized Controlled Pilot Study has determined the comparative efficacy of EMDR and CBT in Pakistan.

Methods: A Single-blinded two-group Randomized Controlled Pilot Study was adopted. Data were collected from (n:50) consecutive patients admitted in two mental health rehabilitation centers in Pakistan. Data were analysed both by descriptive and multivariate statistics.

Results: Findings revealed that PTSD symptoms gradually reduced from very high during baseline (i.e.,CAPS-5 cumulative mean score 72.25) to very low at follow-up stage (i.e.,CAPS-5 cumulative mean score 3.43), however, overall, the EMDR therapy was found to be non-inferior and more efficacious than CBT.

Conclusion: This study concludes that EMDR is more efficacious evidence-based psychotherapy for reducing PTSD symptoms, hence, this therapy can be successfully used for the management of PTSD in Pakistan.



Ranked number 1 modern university in London (Times Good University Guide 2022)



Top 10 university in the UK for postgraduate student satisfaction (Postgraduate Taught Experience Survey 2022)



Joint number 1 modern university in the UK for Research (Research Excellence Framework 2021)

