

Abstracts for the

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Topic: Prevention and Intervention Programs for Emotional and Behavioural Problems

Guest Editor:

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self-interests), cognitive strategies (reappraisals) and behavioural strategies. Cultural values played an important part in cognitive strategies of adolescents. **Conclusions:** Findings highlight the complex relationship between self-awareness, and cognitive and behavioural strategies to achieve emotional congruence in Malaysian adolescents with employment of cultural values playing an important part in the process. These findings act as part of a blueprint in the development of a culturally sensitive SEL Module for Malaysian adolescents.

Mental Health Portal: The Student's Psycho-Emotional Support

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Background: The prevalence of students' mental health problems has increased in recent years. The digitalization of mental health care has made it possible to connect with students in new ways, hence, more focus has been placed on mental health portals. However, the usability of the portal is crucial to ensure that it meets the student's needs and expectations.

Aims: This study aims to develop a mental health portal using Rapid Application Development (RAD), and subsequently to evaluate its usability.

Methods: Heuristic Evaluation and System Usability Scale (SUS) were conducted to assess the expert's and 189 students' experience in manoeuvring the portal, respectively. Design and content improvisation were made based on the expert's insight.

Results: The portal's usability score was 71.11, which indicates good usability. A score above 70 indicates high usability, whereas a score below 70 indicates poor usability and requires further improvement. The results of this study offer the first evidence about the usability of the mental health portal but there is still potential for advancement.

Conclusions: Developing an engagement-enhancing mental health portal is essential. The portal should strive to consolidate and present resources in a navigable and accessible manner to suit the needs and expectations of students seeking mental health support.

Through the Looking Glass: Psychotraumatology Implementation in Child Psychiatry and the Self of the Therapist

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Background: Our most current diagnostic manuals for child psychiatry has made some progress to evolve from a purely categorical approach to acknowledging the continuum/ spectrum of symptomatology. Child psychiatrists and psychologists are traditionally trained to evaluate these symptoms and diagnosis are established based on criteria fulfilment. However, disorders are merely consequences of a much more complexed, chronic and deep wound rooted in invisible attachment trauma and inter/multigenerational trauma. The self of therapist is the tool to enable change, and their own processing of trauma plays an important role in treatment outcomes in addition to medications.

Aims: To offer a perspective of psychotraumatology approach to manage children and families who present with difficulties.

Methods: Using the concept of reflection (the mirror-looking glass) to manage dysfunctional patterns maintaining disorder and to guide a cohesive and therapeutic approach.

Results: Case studies of lived experiences from both the patient's and therapists of both success and failures that lead to reclamation of their authentic self.

Conclusions: "One must still have chaos in oneself to give birth to a dancing star" - Friedrich Nietzsche.

Addressing an Unmet Need: Establishing a Research-Informed, Multi-Disciplinary Centre for Early Child Development

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