

OPEN INNOVATIVE RESOURCES FOR DISTANCE LEARNING

“Digital and human potential - beyond the borders”

2nd Project meeting

20 July 2021

h. 10.00 a.m.

**EXPERIENCES OF LEARNING, RESEARCH AND PSYCHOLOGICAL SUPPORT:
NEW TEACHING STRATEGIES DURING PANDEMIC**

***Prof. Carmela Mento, University of Messina
Biomorf Department, UNIME
Psychiatric Unit, Policlinico Hospital***

DEATH TOLL

LOCKDOWN

Panic buying

Crisis *Isolation* *Stock market drops*

CORONAVIRUS

Events canceled

Protests

Global pandemic

Travel restrictions

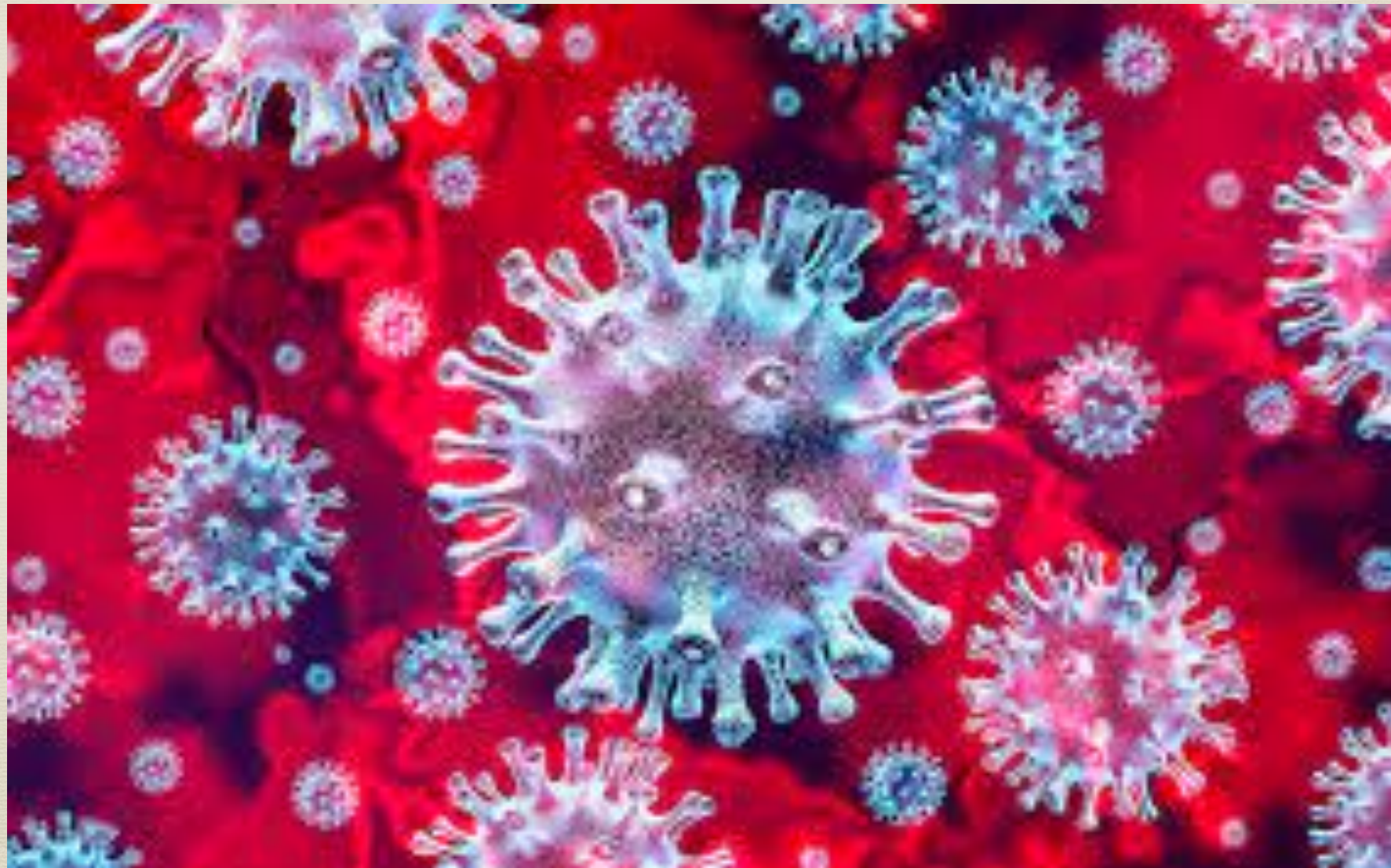
QUARANTINE

Crowded hospitals *A new outbreak*



Insight from Experts

Impact of Coronavirus on emotions and mental life



Impact of COVID-19 lockdown

on sleep quality in university students and administration staff

Marelli S. et al., Journal Neurol. Jan. 2021

Free PMC article

Abstract

Introduction: In Italy, lockdown due to COVID-19 health emergency started on March 10 and partially ended on May 3rd, 2020. There was a significant increase of psychological distress and symptoms of mental illness, and worsening of quality of sleep in the general population.

Methods: Participants completed an anonymous web-based survey that include questionnaires about sleep and anxiety and depression symptoms. Our sample included 400 subjects: 307 students (mean age 22.84 ± 2.68) and 93 university administration staff workers (mean age 37.02 ± 12.46).

Results: we found an increase in Bed Time hour, Sleep Latency, and Wake-Up time between before and during COVID-19 emergency and a worsening of sleep quality and of insomnia symptoms. In particular, during the lockdown, the impact of the delay in Bed Time and in Wake-Up was more pronounced in students. In workers, we observed a prevalence of maintenance insomnia before COVID-19 of 24% that significantly increase during COVID-19 reaching 40%, while workers with difficulties in sleep initiation were only 15% that increased to 42%. In our sample, 27.8% showed depressive symptoms, while 34.3% showed anxious symptoms, in particular in students.

Conclusion: The impact of lockdown was greater in students than in workers, and in females than in males. Concerning the psycho-emotional aspects, about one-third of our sample showed depressive or anxious symptoms. The results of our study may provide support for the implementation of some interventions for well-being in pandemic condition.

Keywords: Anxiety; COVID-19; Depression; Sleep.

Students' mental health problems before, during, and after COVID-19 lockdown in Italy

Meda N. et al., J. Psychiatry Res. Feb. 2021

Affiliations + expand

PMID: 33360865 DOI: [10.1016/j.jpsychires.2020.12.045](https://doi.org/10.1016/j.jpsychires.2020.12.045)

Abstract

The lockdown due to the coronavirus pandemic may have exacerbated mental health problems. To what degree mental health may be affected by social isolation is still poorly known. We collected prospective data on students' mental health in two instances: (i) in October and December 2019, and (ii) 6 months later, in April 2020 amidst the COVID-19 lockdown in Italy and in mid-May/June 2020, after the lifting of lockdown. A total of 358 Italian students aged 18–30 completed socio-demographic questionnaires and the Beck Depression Inventory - 2 (BDI-2), the Beck Anxiety Inventory (BAI), the Obsessive-Compulsive Inventory - Revised (OCI-R), the Eating Habits Questionnaire (EHQ), and the Eating Disorder Inventory-3 (EDI-3). We applied multiple regression models to evince any changes in the aforementioned questionnaire scores during and after lockdown with respect to the scores before lockdown. Students reported on average worse depressive symptoms during lockdown than 6 months before isolation (median increase in the BDI-2 score +2; IQR = -3, 6; $\beta = 0.09 \pm 0.03$, $p = 0.005$), with students without any established diagnosis of psychopathology being affected the most. The regression models predict that 86.2% (IQR = 67.9, 91.4%) of students would not experience a clinically significant worsening of symptoms, while approximately 6% of our target population could develop more severe depressive symptoms. This study supports the view that depressive symptomatology may be aggravated during lockdown, but also highlights that after the lifting of lockdown any changes quickly vanished, as the BDI-2 scores were not different from the ones reported before lockdown.

Keywords: COVID-19; Lockdown; Mental health; Social isolation; Students.

Maternal Distress/Coping and Children's Adaptive Behaviors During the COVID-19 Lockdown: Mediation Through Children's Emotional Experience. Petrocchi S., et al. Front Public Health, Nov 2020

Free PMC article

Abstract

The present study focused on the psychological impact that the lockdown due to coronavirus disease-19 (COVID-19) had on families in Italy. During the COVID-19 pandemic, the Italian government imposed a strict lockdown for all citizens. People were forced to stay at home, and the length of the lockdown was uncertain. Previous studies analyzed the impact of social distance measures on individuals' mental health, whereas few studies have examined the interplay between the adults' functioning, as parents, during this period and the association with the child's adjustment. The present study tested if maternal distress/coping predicts children's behaviors during the COVID-19 lockdown, hypothesizing a mediation effect *via* children's emotional experience. Participants were 144 mothers ($M_{age} = 39.3$, 25-52, $SD = 5.6$) with children aged 5-10 years ($M_{age} = 7.54$, $SD = 1.6$, 82 boys); mothers answered to an online survey. Results indicated that mothers with higher exposure to COVID-19 showed higher levels of distress and higher display of coping attitudes, even if in the structural equation modeling model, the COVID-19 exposure was not a predictor of mothers' distress. Compared with mothers with good coping skills, mothers with higher stress levels were more likely to attribute negative emotions to their children at the expense of their positive emotions. Moreover, children's emotions acted as mediators between maternal distress/coping and children's adaptive/maladaptive behaviors. In conclusion, it is important to support parents during pandemic emergence, by providing them with adequate information to manage the relationship with their children, to reduce their level of distress and to enhance their coping abilities.

Keywords: COVID-19; SARS-CoV-2; coping; distress; emotions; lockdown; parent-child; quarantine.

Parenting-Related Exhaustion During the Italian COVID-19 Lockdown

Marchetti D. Et al., Nov 2020, Journal Pediatr Psychol.

Abstract

Objective: Worldwide, the coronavirus disease 2019 (COVID-19) pandemic has generated significant worry, uncertainty, anxiety, sadness, and loneliness. In Italy, these effects have been particularly pronounced. While research on the COVID-19 outbreak has mainly focused on the clinical features of infected patients and the psychological impact on the general population and health professionals, no investigation has yet assessed the psychological impact of the pandemic on parents. In the present research, we conducted a web-based survey of Italian parents to examine the prevalence of parenting-related exhaustion-and to identify its associated risk and protective factors-4 weeks into the lockdown.

Methods: A total of 1,226 parents provided their consent to participate in the study and completed a demographic questionnaire, information relating to particular COVID-19 experiences, and measures of emotional exhaustion, parental resilience, social connections, and psychological distress during the lockdown.

Results: Seventeen percent of our sample experienced significant parenting-related exhaustion, with mothers more severely affected. Multiple regression analyses showed that greater parenting-related exhaustion was predicted by psychological distress, lower parental resilience, motherhood, fewer perceived social connections, and being single, as well as having a child with special needs, having a large number of children, and having younger children.

Conclusion: The findings add further support to the call for preventive programs to support parents throughout the COVID-19 pandemic. Mental health professionals and social workers should be warned of the effects of lockdown and social distancing on parenting and, consequently, the well-being of children.

Keywords: parent stress; resilience; social support.

Psychological correlates of university students' academic performance: a systematic review and meta-analysis

[Michelle Richardson](#)¹, [Charles Abraham](#), [Rod Bond](#), Psychological Bull. 2012

- * Personality traits
- * Motivational factors
- * Self-regulatory learning strategies
- * Students' approaches to learning
- * Psychosocial contextual influences

Danger in danger

- * Family context
- * Domestic violence



The hidden faces of pandemic

- * A teaching centered on need
- * Online, blended, screen-mediated content
- * Flexibility
- * Psychological Well-being

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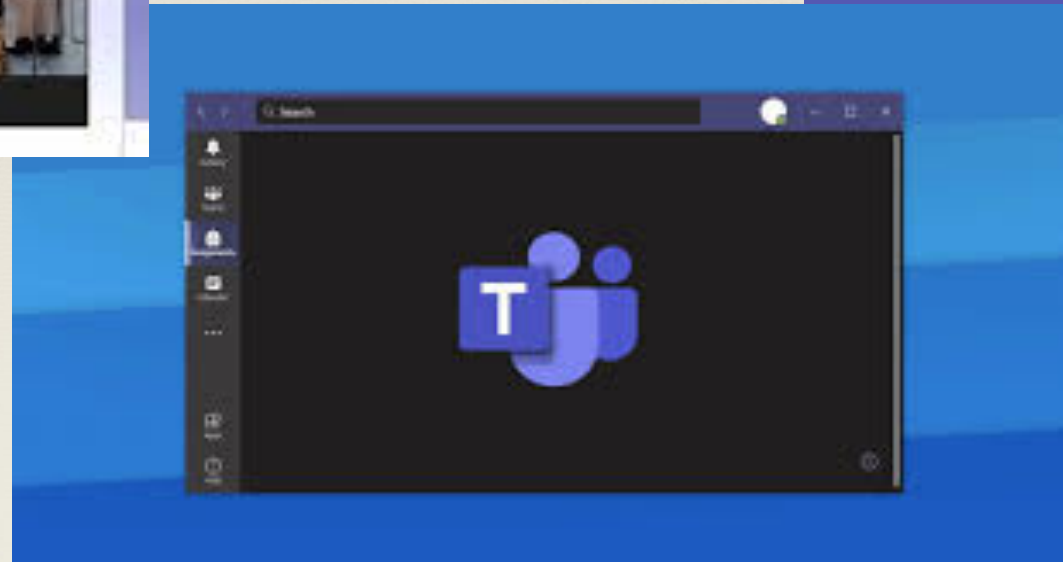
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- * Play, Wizards
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- * Inclusion, Socialization
- * Volunteer staff





- * Teams microsoft
- * Lessons, Laboratories, exercises, didactic webinars
- * Supervision activities, Clinical cases
- * Screening of test protocols
- * Professional training



ABITARE I SOCIAL NETWORK

come sfruttare le potenzialità e conoscere i rischi

Interverranno:

Prof. Francesco Pira
Sociologo e Docente di Comunicazione dell'Università di Messina

Prof.ssa Carmela Mento
Docente di Psicologia Clinica dell'Università di Messina

IIS
ISTITUTO ISTRUZIONE SUPERIORE
RENATO GUTTUSO MILAZZO

ore **11.00-12.30**
sulla piattaforma G-Meet

Dirigente Scolastica dell'IIS R. Guttuso
Prof.ssa **Delfina Guidaldi**

Co-financed by the European Union
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9 febbraio 2021
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Generazioni
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dell'Istruzione

WEBINAR –TEAMS
15 DICEMBRE 2020
ORE 15



-CARMELA MENTO,
Prof University of
Messina Psychological
aspects of Odontophobia



-COSIMO GALLETTI
Dentistry, Spain
New frontiers in
treatment of



-MARIA CATENA
SILVESTRI Psy.D
Methodology of
Research



-CLARA LOMBARDO
Psy.D
Assessment

Sp Adobe Spark

**I volti della violenza
al tempo del Covid:
Tutela e prevenzione oggi**

- Club Sportivo Gola - Alcega
- Istituto Program director club
- Muscatello, Docente di
- Università di Messina

Joanna Spataro, Profetice
genere Università di Bologna

- docente nel Lockdown
alla Casa. Docente all'università di Messina

• **di DONNE:**
da Medico-Cervical Hospital
L. Messina

Opole Center for HIV Infection
and AIDS Center
Opole, Poland

La Torre-Associazione
• wcor
reto Circolo di Polizia


9 DICEMBRE 2020 [Inviato alle 14:00](#)

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Dipartimento BIOMORF
C.d.S. Tecnica della Riabilitazione Psichiatrica
Coord. Prof.ssa M.R.A. Muscatello

Moderatori: M.R.A. Muscatello - A. Bruno - C. Mento
17 Dicembre 2020 | ore 15:00 | Aula Teams

INFORMATION LITERACY

A cura del

 **Sistema Bibliotecario di Ateneo**
Università degli Studi di Messina

Il seminario è rivolto a studenti e specializzandi. Per partecipare è necessario iscriversi alla piattaforma e-learning. Verrà rilasciato attestato di partecipazione.

* METHODOLOGY FOR THESIS

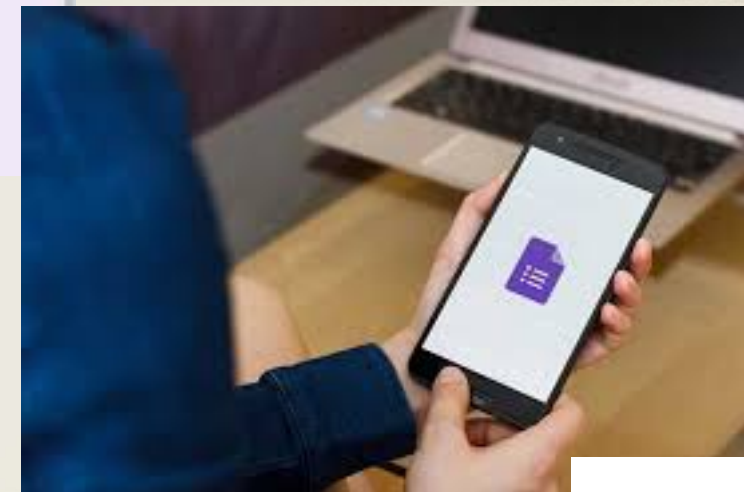
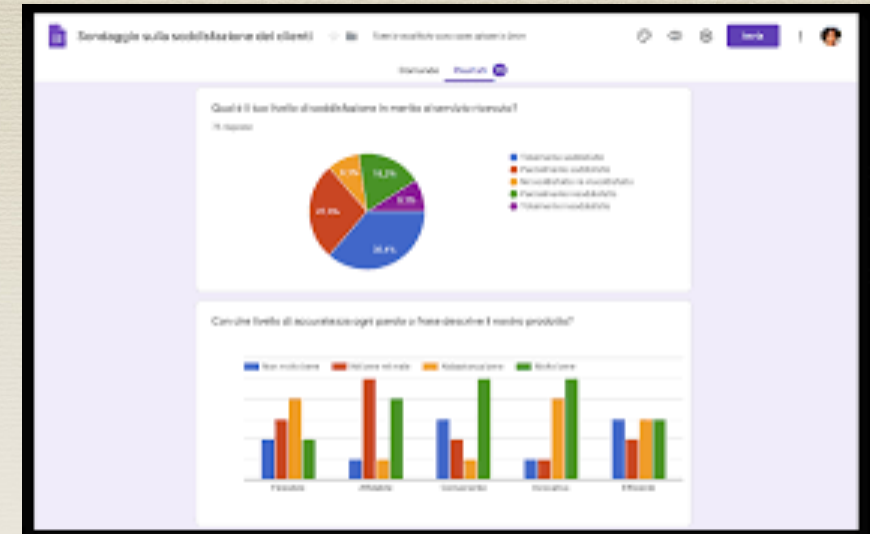
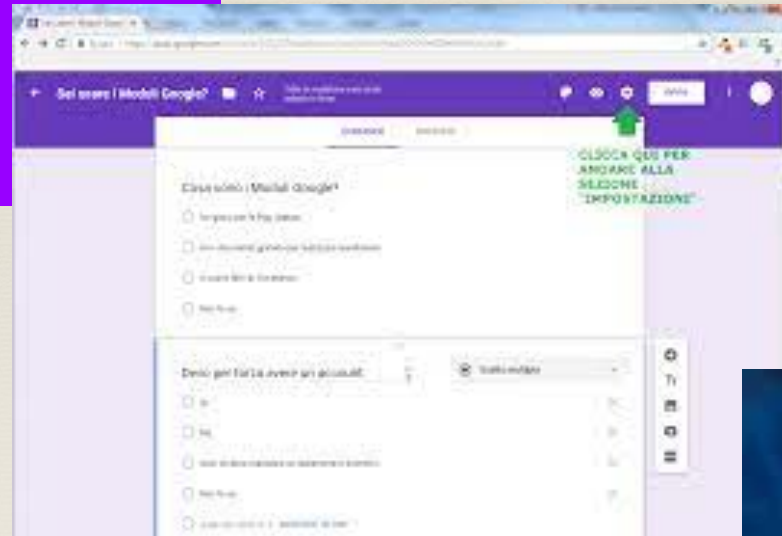
* Qualitative Methods

* Narrative Review

* Systematic Review



Google Forms



- * QUANTITATIVE Methods
- * Survey online
- * For Phone, Tablet, Pc



- * The greatest example we can set for our Students is to be with them to learn.
- * **CONNECT WITH YOUR STUDENTS**

