

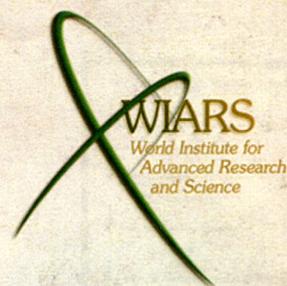
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## SELF-PERCEIVED ACADEMIC EMPLOYABILITY SKILLS AND PHYSICAL QUALITY OF LIFE ON FIRST-YEAR UNIVERSITY STUDENTS' WELL-BEING

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### Abstract

*Objective:* With the Bologna Process, students' wellbeing and generic skills for employability became priorities for European universities, but their respective influences remain unclear. Our aims were to analyse the relationships between Academic Employability Skills (AES), psychological suffering (General Health Questionnaire) and psychological quality of life (psychological Whoqol-bref) and other physical, social and environmental Whoqol-bref domains and socio-demographic characteristics. *Design:* Nine months after the start of their first-year at University of Luxembourg, 973 students were invited to participate at a cross-sectional study. *Methods:* An online questionnaire was proposed in French, German, and English to assess : a) two instruments described the student's well-being : 1) Whoqol-bref's psychological subscale-6 items (Cronbach's alpha 0.77) with higher the score, higher the psychological quality of live; 2) GHQ-12 items scale (Cronbach's alpha 0.75) with lower the score, lower the psychological suffering; and one explored the AES-5 items scale (Cronbach's alpha 0.76) (*capabilities of drafting, solution problem, team work, supervision / direction of others, and use new technologies*). Data were analysed using logistic models. *Findings:* 321 first-year students participated in the study Psychological Whoqol-bref's and AES's scores are positively correlated. This relation was verified for each item (*drafting, critical spirit, solution to problem, team work, and supervision/direction of others*) except *use new technologies*. Between the correlations of the two instruments only 3/6 items of psychological Whoqol-bref (*ability to concentrate, satisfaction with self, negative feelings*) are correlated with 8/12 items of GHQ-12 (*sleep lost, making decisions, feeling under strain, no overcome difficulties, depressed, loosing self-confidence, considering his/her self as a worthless, reasonably happy*). A positive effect between the psychological Whoqol-bref and the AES scores was observed, including with physical, social relationships and environmental domains. No connection exists between the AES and the GHQ-12 scores; on the other side the GHQ-12 score has a negative influence on physical Whoqol-bref status. *Conclusions:* If a wellbeing suffering contributes in less physical quality of life, the better wellbeing, the higher academic employability skills. Campus should care of students 'wellbeing and implement counselling activities and adapted environmental to improve their sustainable skills for employability. If the university could maintain the well-being indicators at appropriate levels or manage decreases as they occur, it would have implications for health promotion by creation of new student support systems and services developing sustainable conditions for better European Higher Educational Area.

**Keywords:** *Psychological Whoqol-bref, GHQ-12, First-year students, Wellbeing, Academic employability skills.*

## THE PROBLEM OF DIETING: IMPLICIT FOOD ATTITUDES AND AUTOMATIC APPROACH TENDENCIES IN DIETERS AND NON-DIETERS.

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### Abstract

*Objectives:* The purpose of the present study was to assess the role of implicit attitudes towards food and automatic approach/avoidance tendencies in dietary restraint. Research suggests that positive implicit attitudes towards high-fat, calorie-dense food may contribute to impulsive eating behaviour when self-control capacity is diminished ('ego depletion') – as is the case with dietary restraint. We hypothesised that both dieters and non-dieters would hold positive implicit associations with high-fat food and that dieters would have stronger approach tendencies for high-fat food. We were also interested in an exploratory assessment of differences between successful and unsuccessful dieters. *Design:* We adopted a between-subject design to assess differences in implicit food attitudes and automatic approach/avoidance tendencies towards food in current dieters and current non-dieters, and between successful and unsuccessful dieters. *Methods:* One hundred and thirty eight female participants completed an implicit association test (IAT) as a measure of implicit attitudes towards high-fat (HF) and low-fat (LF) food, a