

EFPSA Research Programme 2022-2023

Research Projects

Introduction

This document contains detailed information on the Research Projects for the Research Programme 2022-2023. Students will rank Research Projects in the application form, in order of their preference to join the Research Programme 2022.

We will select 32 applicants to fill positions within six research projects. Please read the following information carefully as you will need it to complete your application.

There are 4 Research Projects:

- 1) **Katarzyna Branowska** - Minorities and language: inclusiveness/exclusiveness of language, the diversity acknowledgment and well-being of minority groups across cultures.
- 2) **Claire-Suzanne Borg** - Have workplace communities become the primary source of community in our lives?
- 3) **Crystal Tomaszewski** - Dance-therapy for traumatized immigrant women: facilitating and limiting factors
- 4) **Marta Pinto** - be welcome! Inclusion processes involved in the inclusion of Ukrainian refugees in European Countries

- 1) **Katarzyna Branowska** - Minorities and language: inclusiveness/exclusiveness of language, the diversity acknowledgment and well-being of minority groups across cultures.

Language is a powerful tool for creating reality, perception, behavior, and way of thinking about various topics (Szypra-Kozłowska, 2021). It has the ability to empower different social groups (inclusive language), as well as express negative attitudes toward them or erase them from discourse (exclusive/discriminating language) (e.g. Szczesny, Moser, Wood, 2015). The aim of this project is to study whether inclusiveness/exclusiveness of language is related to the well-being of minorities and whether it has the power and suitable dictionary to empower these groups and acknowledge their identity. It would be studied cross-culturally, the research will focus on the LGBT+ community and its representation in language. Participants will be adults aged 18-30 describing themselves as a part of the LGBT+ community. The study will be conducted in two parts: 1) Quantitative study using questionnaires verifying hypothesis related to the relationship between language perceived inclusiveness and well-being. 2) Qualitative study based on individual interviews (participant-researcher dyads). The aim of this part is to gain in-depth knowledge related to the minority perception of language inclusiveness.

- 2) **Claire-Suzanne Borg** - Have workplace communities become the primary source of community in our lives?

Workplaces communities play a major role in a person's life, where one feels welcomed and supported, and the lack of "sense of community at work" may encourage a person to change their job. This will be the basis of the exploratory research, and the main research question will be: "Would you say that the community that is formed in your place of work is the primary

community in your life?” Employees derive both professional as well as personal satisfaction from engaging in work. Higgins (2000) describes how this satisfaction is achieved through the developmental networks and relationships in an organisation. Therefore, researchers conclude that the more effective an interpersonal relationship is at work, the more an employee will experience perceived fulfillment of personal and professional needs (Pandita, Singh & Chaudhari, 2019). Indeed, the Tavistock model of organisational theory (Lyth 1990 & Obholzer & Roberts, 1994) describes workplaces as systems or groups whereby unconsciously, persons behave in ways that are relevant to that particular environment (even if the behaviour is unnatural to them) as this social system unconsciously safeguards these people or employees from unnecessary distress and anxiety.

3) **Crystal Tomaszewski** - Dance-therapy for traumatized immigrant women: facilitating and limiting factors

Nowadays, there is an international interest in challenging the psychological health of migrant women. Migrants, and particularly women, are more likely to suffer from physical and mental health issues. The World Health Organization defines mental health as an essential component of health: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Negative daily experiences, generating negative emotions, are positively associated with psychological distress in multiple studies (Hou, W., et al., 2020). Migrants experience feelings of uprooting, loneliness, and isolation. It is much harder for them to find a job, housing, food, and to have access to medical care. Moreover, the migratory journey, the flight of the conflict, and the arrival in the host country highly increase the risk for stress, PTSD, anxiety, and depression (Hasan et al., 2020). Complex issues of migrant adults require specific therapeutic approaches. Dance therapy reduces clinical

symptoms of anxiety, stress, and depression, and improves “well-being, mood, affect, quality of life, body image and interpersonal competence” (Koch, S., Kunz, T., Lykou, S., & Cruz, R., 2014, p.60). Dance therapy, therefore, improves social well-being, while providing mental healthcare.

Objective: To identify variables contributing to the evolution of clinical symptoms of stress, PTSD, anxiety, and/or depression for migrant women participating in a dance therapy workshop. **Main hypothesis:** Social well-being is a key component of a significant evolution of clinical symptoms for migrant women. **Method:** This study is a comparative clinical trial. Participants are adult (over 18) migrant women. The sample size is N=80, with N=40 women participating in a dance therapy workshop and N=40 women not participating in a dance therapy workshop. Recruitment takes place in hospitals, associations, and social services, and on a voluntary basis. Quantitative data are collected through a booklet of scientifically validated self-questionnaires (PTSD symptoms, anxiety, depression, body image, quality of life, social support, social relationships, mentalization, and attachment). Socio-demographic data are collected at the beginning of the booklet.

4. **Marta Pinto** - be welcome! Inclusion processes involved in the inclusion of Ukrainian refugees in European Countries

On February 24, 2022, the Russian army invaded Ukraine. Since then, millions of people in Ukraine have been affected by the current conflict and the UN has already expressed its concern about a humanitarian catastrophe in Europe, so it prioritizes the protection of civilians and humanitarian aid operations in Ukraine and neighboring European countries. This entire process of migration of displaced persons has the support of entities, organizations, and volunteers that collaborate and facilitate the referral of these people upon arrival in other host

countries. It is therefore important to study how this hosting process is being developed, and what are the psychosocial and health needs and priorities of the displaced people so that we can act in the best way to improve it. With the invasion of Ukraine, there was the fastest movement of refugees in Europe since the Second World War. We plan on improving the level of preparation and response of the European countries to this humanitarian crisis, the inclusion process over time, and in all its biopsychosocial aspects and contribute to the protection of the rights of those displaced from Ukraine and ensure the protection of their individual and collective well-being .

You can read the bios of this year's supervisors on our social media platforms such as Facebook and Instagram at @efpsarp.

Please address any questions to the RP team at rp@efpsa.org. Good luck to all applicants!

Sincerely,

The Research Programme team

Diana, Tea, Kinga, Willy