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Positive thoughts and mental health

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Depression is a public health problem and is the most frequently observed psychic manifestation among students. Its prevalence is much higher (30%) than in the other populations. Depression among students can have a negative impact on their social, relational and significantly impact their quality of life. Depression is diagnosed visually, visually detected and thus ill-treated. Students with depressive disorders have negative thoughts. The examination of both negative and positive thoughts contributes to a better understanding of depression. The aim of the work is to develop tools for self-assessments of depression and thoughts and to show the effectiveness of Positive Thoughts (PP) against depression, anxiety, stress and their symptoms in students. We also study the links between individual and psychosocial factors (demographic, socio-economic and academic) and mental disorders.

First, we assess depression and positive and negative thoughts using questionnaires that we validate. This is the first study confirming the internal, external and factorial validity of the questionnaire positive and negative thoughts (ATQ-18-E), the Beck depression questionnaire (BDI-FS-Fr) and attesting to its relevance in French. The evaluation shows that mental disorders are associated with these thoughts and certain individual and psychosocial factors and vary according to these factors.

Secondly, treatment and remission of depression are implemented by repetition of positive thoughts. They significantly reduce depressive symptoms, anxiety and stress, with a short-term sustained and significant effect and thus improve the mental health of subjects, mental health, students, depression, positive and negative thoughts, validation, psychosocial factors.

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Psychological empowerment of frontline police officers in response to social service role strain in china

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Provision of social service is one of the most significant roles of the police. A review of the related literature in policing seems to reveal that empowerment holds significance for frontline officers who are largely responsible for social service delivery. This study examines the possible relationships between police social service role strain (PSSRS) and police social service psychological empowerment (PSSPE) among frontline police officers in China. This study adopts a two-phase (quantitative and qualitative approaches) sequential explanatory design. In the first phase, a questionnaire is used to collect data from a sample of two hundred frontline community patrol officers in Shenzhen Public Security Bureau, China. After conducting the quantitative analysis, the author uses in-depth interviews to explore the nature of PSSRS and PSSPE from twelve selected interviewees' insights. According to the results of the survey and in-depth interviews, the participants report a comparatively high level of PSSRS and a low level of PSSPE. It has been found that there are significantly negative correlations between PSSRS and PSSPE in the Chinese police organization. The Chinese police force is suggested to provide effective interventions for individual experience of psychological empowerment by continuously committing to the organizational philosophy of community policing in response to the PSSRS among frontline police officers.

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