# Schedule of the Conference

**“Psychological Research in Palestine between Theory and Practice”**  
April 22-23 2016  
at Furno Hall, Bethlehem University, Bethlehem, West Bank, Palestine

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<td>Mrs. Minerva Qassis- Jaraysah</td>
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**First Panel: Reality of Mental health in the Palestinian society. Chair Prof. Taisir AbdAllah**

- **Discussion 12:15 -12:00**
- **Lunch 13:30-12:15**

**Second Panel: Applications of psychology in the political life of the Palestinian citizens Chair Dr. Saed Ayyad**

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<th>Time</th>
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<tr>
<td>13:45-13:30</td>
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<td>Moral Foundations and their relationship to the three components of authoritarianism and political behavior among Gaza University students</td>
<td>Prof. Sufian Abu Nijaila</td>
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<tr>
<td>2:00-13:45</td>
<td>Paper 2</td>
<td>The impact of political decisions related to reconciliation on the psychological and social security of citizens in Gaza</td>
<td>Dr. Majdi Al-Kurdi Dr. Majdi Al-Bayad Dr. Adham Tobali</td>
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<tr>
<td>2:15-2:00</td>
<td>Paper 3</td>
<td>The Attitude towards Political Violence and its Relation to Psychological Security Among University Students</td>
<td>Dr. Shaban Al Hadad</td>
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<tr>
<td>2:30-2:15</td>
<td>Paper 4</td>
<td>Exploring Teachers’ Professional Identity in the context of war zone: A case study from Palestine</td>
<td>Dr. Bahnun Qumeri</td>
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**Discussion 2:45-2:30**

**Third Panel: Psychology, media and social networks. Chair Dr. Jolatan Hijazi**

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<tr>
<td>3:00-2:45</td>
<td>Paper 1</td>
<td>The level of using social media sites and its relationship to self-esteem and life satisfaction among Al-Aqsa University students in Gaza</td>
<td>Dr. Hassan Mahdi Dr. wael Al Asia Dr. Akram Al Henawi</td>
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<tr>
<td>3:15-3:00</td>
<td>Paper 2</td>
<td>The Effect of Satellite Channels on the System of Values in Palestinian Society from the Perspective of Students’ Parents</td>
<td>Dr. Ziad Barakat</td>
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### Day 2: Saturday, 23 April 2016

#### Main Session 9:00-10:30

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<td>Clinical Diagnosis by the multiple characteristics Team: characteristics and Recommendations</td>
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<td>Ms. Hanadi Younan</td>
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**First Panel: Research methodology and application in psychology, chair Dr. Bilal Salmeh**

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<td>The psychosocial impacts of political detentions: A counseling case study</td>
<td>Ms. Laila Herzallah, Dr. Wael Abu Al Hassan</td>
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**Second Panel: Reality of Mental Health in the Palestinian society, Chair Dr. Kamel Katalo**

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<tr>
<td>12:00-11:45</td>
<td>Paper 1</td>
<td>The effectiveness of Selective Psychological Counseling Program (SPCP) among a sample of Palestinian Youth</td>
<td>Dr. Riyad Saidam, Prof. Amal Judeh, Dr. Issa Al-Muhtaseb</td>
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<td>12:15-12:00</td>
<td>Paper 2</td>
<td>Narcissism and its relationship to happiness among athletes in Gaza Governorates</td>
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<td>12:30-12:15</td>
<td>Paper 3</td>
<td>The Effectiveness of Cognitive Behavioral therapy with Problem Solving Techniques in the alleviation of psychological stress among wives of schizophrenic patients</td>
<td>Ms. Asma Al Ghurab</td>
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<tr>
<td>12:45-12:30</td>
<td>Paper 4</td>
<td>A Comprehensive Student Support Program in Mental Health</td>
<td>Ms. Sherein Abdeen</td>
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**Discussion 12:45-1:00**

**Lunch-Poster session 1:00-2:00**

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<td>The Role of Facebook in the development of social communication skills and its effect on the psychological health of Al-Quds Open University students</td>
<td>Dr. Ala Aideen Abd Al Ati, Dr. Ramiz Saft</td>
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<tr>
<td>3:45-3:30</td>
<td>Paper 4</td>
<td>Internet Addiction and its Relationship to Psychosocial Adjustment among Al-Quds University Students</td>
<td>Ms. Abeer AL-Natsheh</td>
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**Discussion 4:00-4:30**

**Second Panel: Reality of Mental Health in the Palestinian society, Chair Dr. Kamel Katalo**

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**Discussion 12:45-1:00**

**Lunch-Poster session 1:00-2:00**
Introduction:
The significance of psychology, both theoretical and applied, is demonstrated in the form of assistance rendered to individuals from different age groups to encounter their life’s difficult challenges. Based on the need to benefit from the findings of psychological research on the development of psychological services and programs offered in Palestine, it was decided to hold The First Annual Conference of Psychology at Bethlehem University (Psychology Research in Palestine between Theory and Application).

Objectives:
The conference seeks to achieve the following objectives:

1. Introduce the most significant psychological research and studies related to the Palestinian society.
2. Review, through some research and studies, the reality of psychological services offered in Palestine.
3. Introduce the challenges of teaching and learning psychology at Palestinian universities.
4. Benefit from scholarly papers on the development of psychological services in Palestine.
5. Contribute to the reinforcement and encouragement of stakeholders interested in scientific research in different areas of psychology.
6. Introduce the main challenges facing Palestinian researchers in the publication of their research manuscripts.

Conference focal points:
Presentation Summaries

Prof. Abdel Aziz Mousa Thabet, Mohammed W. Elhelou, Panos Vostanis

Exposure to war traumatic experiences, post traumatic growth and resilience among university students in Gaza

Aim:
This study aimed to establish the association between war traumatic experiences, post traumatic growth and resilience among university students in the Gaza Strip after war on Gaza.

Method:
The sample consisted of 381 randomly selected students representing the four major universities in Gaza Strip. Students completed the following self-rated questionnaires: Gaza Traumatic Events Checklist, Resilience scale, and Posttraumatic Growth Inventory. Data collection was done on March - April 2015.

Results:
Participants reported a range of traumatic events; the highest frequencies reported traumatic events were watching mutilated bodies in TV (94.5%), hearing shelling of the area by artillery (92.4%), hearing the loud voice of drone’s motors (87.4%), and inhalation of bad smells due to bombardment (78.7%). While, the least common traumatic experiences were: hearing killing of a friend (11%), and being arrested during the land incursion witnessing (18.9%). Male students reported more traumatic events than females. Mean post traumatic growth was 67.34, appreciation of life was 7.17, new possibilities were 12.25,
the personal strength was 10.62, and spiritual change was 6.82. Males had significantly more post traumatic growth than females and females had significantly more spiritual changes than males. For resilience, mean resilience was 55, personal competence was 22.32, positive acceptance was 13.49, trust in one’s instincts was 16.30, control was 7.96, and spiritual influences were 7.31. There were gender differences on resilience subscale. Males had significantly more positive acceptance than females, trust in others, control, spiritual influences, and females had significantly more spiritual changes than males. Traumatic events had no association with post traumatic growth and total resilience. However, resilience was positively correlated with post traumatic growth.

**Conclusion:**
Universities students still experienced high levels of distress few months following war on Gaza, although they remained reported trauma. Trauma was not related to resilience and post traumatic growth. This finding highlights the need for establishing special community centers at the universities to help students to overcome the impact of trauma. New programs for psychosocial support and second level intervention for students, and these should continue beyond the end of hostilities. More training courses in the impact of trauma and ways of coping must be conducted for students in the universities.

Hussin Warsneh

**Traumatic Experiences of Ex-Detainee Palestinian Children and the Efficacy of Therapy through the Eye Movement Desensitization and Reprocessing Approach (EMDR)**

The study aimed at identifying traumatic experiences of ex-detainee Palestinian children and the efficacy of the treatment through the utilization of the Eye Movement Desensitization and Reprocessing (EMDR) approach. To that end, the study utilized the following scales: the Traumatic Experience Scale, Impact of Event Scale- Revised (IES-R), Rosenberg Self-Esteem Scale, Life Orientation Scale, Psychological Scale for Mental Health and Coping Scale.

The study sample included 158 children in the West Bank. Using the Statistical Package for the Social Science (SPSS), the sample was randomly divided into two groups; a control group and an experimental group. However, a total of 27 children out of the total number of children included in the study were unable to proceed with the treatment until the end of the study since 14 of them were arrested again, 3 travelled abroad and 7 dropped out for personal reasons in addition to the drop out of another 3 for personal reasons. Therefore, the total number of the study sample became 131 children divided into two groups: a control group of 63 and an experimental group of 68 children. The study concluded that the traumatic experiences of ex-detainee Palestinian children resulted in Post-Trauma Stress Disorders (PTSD) which in turn scaled up the level of their psychological symptoms with a significant negative impact on their self-esteem and life approaches. In parallel, the study proved the efficiency of the EMDR approach in the treatment of the post-trauma symptoms and the alleviation of adverse symptoms impacting their psychological well-being, and thus maximizing positive approaches towards life, enhancing self-esteem and increasing ability to cope with life stressful experiences.

Furthermore, results obtained after ten month of therapy indicate stability in conclusions and significant improvement for members of the experimental group. As such, these indicators would emphasize the urgent need of conducting interventions targeting children experiencing traumatic experiences resulting from detention. In addition, the study signals the need to provide assistance to these children through the implementation of short and long-term therapeutic and rehabilitation programs in order to prevent the evolvement of psychological symptoms and disorders into psychological and mental medical conditions. Finally, the study highlighted...
the need for training social and psychological specialists in institutions working with people suffering traumatic experiences on the use of the EMDR approach.

Dr. Yahya Al Najjar, Dr. Etaf Abu Ghali

Traumatic Experiences and Conduct Disorder among children of victims of House Demolitions along the border areas in the Eastern Region of Khan Younis Governorate

The study aimed to identify the degree of exposure to traumatic experiences, their most common type among Palestinian children with destroyed houses in the border areas, as well as to identify the degree of conduct disorder they have, and differences in the degree of traumatic experiences and conduct disorder ascribable to gender. To achieve the objectives of the study the researchers administered the traumatic experiences scale on a random sample of 200 boys and girls, while the conduct disorder scale was applied to a random sample of (200) parents. Results showed that the severe degree of exposure to the traumatic experiences was 26.5%, the moderate was 71%, and the low degree was 2.5, and the most common traumatic experiences among children were hearing jet fighters with a mean of 0.755, followed by whole house destruction followed by partial destruction whose mean was 0.725, followed by the evacuation of the house and escaping it under the bombardment which amounted to a mean of 0.70. The prevalence of conduct disorder was 5.5%, as perceived by parents. The results also showed differences in the degree of exposure to traumatic experiences attributable to gender in favor of males while there were no gender differences in the prevalence of conduct disorder.

Dr. Sufian Abu Nijaila

Moral Foundations and their relationship to the three components of authoritarianism and political behavior of Gaza University students

The main aim of this study is to verify some of the basic assumptions of moral foundations theory. Moral foundations theorists propose that differences in political attitudes and political disagreement may, in part, reflect moral disagreement. The problem of the study is stated in the following main question: whether moral foundations are determinant of authoritarianism with its three components (authoritarian submission, authoritarian aggression, and conventionalism), and political behavior of Gaza university students. Six hypotheses aimed to answer this question. A random sample of 1105 politically affiliated and non-affiliated students was selected from three universities in the Gaza Strip; Al-Azhar University, Islamic University and Al-Aqsa University. Three scales were used to achieve the aim of the study: 1- political behavior scale (designed by the researcher), 2-moral foundations questionnaire (MFQ) (Graham, Haidt, & Nosek, 2009), translated by the researcher and 3-Authoritarianism-Conservatism-Traditionalism (ACT) Scale (Duckitt, Bizumic, Krauss, & Heled, 2010), translated by the researcher. Several statistical analysis techniques were conducted on the data in order to test the study hypotheses.

Results of the study. (1) There was a significant inverse correlation between political behavior and all the dimensions of MFQ except for In-group/Loyalty which showed positive correlation. The correlations of all the dimensions of the MFQ with all the dimensions of the ACT scale were statistically significant, except for In-group/Loyalty which showed inverse correlation. (2) Multiple linear regression analysis partially supported the moral foundations assumption. It revealed that political behavior was predicted by some of the moral foundations. Most moral foundations predicted the total ACT score and all its three dimensions. (3) There were significant differences by political behavior and authoritarianism among the total sample on the dimensions of MFQ and its total score. (4) There were significant differences in moral foundations, authoritarianism and political behavior by political affiliation (Fatah, Hamas, non-affiliated). The results of the study will be important for understanding the psychological factors influencing the Palestinian political system and contributing to the intra-Palestinian division. It is highly recommended that the psychological factors revealed in this study are taken into consideration for the success of Fata-Hamas reconciliation to end the intra-Palestinian division.
Dr. Majdi Al-Kurdi , Dr. Majdi Al-Bayad
Dr. Adham Tobail

The impact of political decisions related to reconciliation on the psychological and social security of citizens in Gaza

Pass the Arab region as a result of a complex situation of the so-called Arab Spring and the Palestinian division that loosened a shadow over the Palestinian citizen who arrived in the unenviable position, especially in Gaza citizen who hit it a state of siege lasted for nearly ten years. In light of this new situation and the state of despair they have reached the citizen is looking for ways to end the division and is looking forward to political decisions that would end this division.

On this level, the Palestinian citizen was injured new setbacks, after the reconciliation, which was soon begin until the back of the real division in which the spilled Palestinian blood and damage to the social fabric of this situation, which has never been attempted citizen throughout his life, and now in the realm of reconciliation rounds which disappointed conjecture where no citizen confident politician nor political interested citizen status, and grew up as a result of the development of a serious psycho-social alienation within the home, and even more serious than that is the desire of young people to emigrate and to leave the country and travel to the unknown.

In this study, the researchers intentionally to measure the impact of political decisions related to reconciliation on the psychological security of the citizen, through a questionnaire prepared for this purpose.

Results

1. There are influential role in political decisions relating to Reconciliation on the psychological and social security of the Palestinian citizen in Gaza.
2. There is no confidence among citizens in Gaza, the possibility of Reconciliation in the near term.
3. The political affiliation of the citizens makes it a reason for non-completion of Reconciliation because of the lack of pressure on decision-makers.
4. Continuation of the state of division for ten years has led to the loss of psychological and social security.
5. Partisan radio stations played a big role in the continuation of the division, which reflected negatively on the psychological and social security of the citizen.

Dr. Shaban Al Hadad

The Attitude towards Political Violence and its Relation to Psychological Security among the University Students

This study aimed at investigating the relationship between the attitude of the political violence and the Psychological Security among the students of University, and exploring if there are any statistically significant differences of study variables “attitude of the political violence in the three components of (cognitive, emotional, behavioral), and psychological security (high / low)” Due to the variables of “gender (male / female) and specialization (scientific / literary)”.

The researcher used the descriptive analytical approach in the current study. He prepared a scale to measure the attitude toward political violence. The study sample included (220) students which represents (5.63 %) of the original study society.

The study revealed the following results.

- There is a statistically significant correlation between the between psychological security low and dimension emotional and of political violence attitude and the total score of the scale
- While there was no relationship with the cognitive dimension.
- There is no statistically significant relationship with high Psychological security with the dimensions of political violence attitude and the total score of the scale.
- There are also statistically significant differences in all the variables of the study in favor of the males, except high psychological security did no differences between the sexes.
- There are no statistically significant differences in the study due to the variable specialization variables (scientific / literary).
Exploring Teachers’ Professional Identity in the context of war zone: A case study from Palestine

In many areas of the world there are violent political conflicts the consequences of which have an inevitable impact on the educational system. Palestine is one such country where the experience of political conflict, going back several decades, has had a devastating effect on the development and maintenance of a stable educational environment for children and their teachers. Up to now there have been few studies that have focused on the effects of living and working in a war zone on the professional identity of teachers. This paper aims to explore how the formation of Palestinian teachers’ professional identity was affected by their experiences during the violent political conflict known as the Second Intifada (2005-2000) and its impact on the school social culture. In order to gain an in-depth understanding of the impact of political violence on the formation of the professional identity of Palestinian teachers, a qualitative multiple case-study approach was adopted which draws on sociocultural theories of identity formation. Data sources included observations inside schools and classrooms, field notes, a research diary, and both semi-structured group and individual interviews with teachers. The method of constant comparison used in Grounded Theory plus the use of discourse analysis provided the main approaches for the analysis and interpretation of the data. The findings suggest that Palestinian primary school teachers negotiate multiple conflicting identities through their everyday exposure to violent political conflict and its impact on the schools’ social culture. This tension emerges as a result of the historical cultural meaning that teachers construct about themselves in the unstable and unsettling conditions that exist in their country. In addition, the data indicate that the proximity of a school’s geographical location in relation to violent political conflict also influenced the degree of tension inherent in teachers’ professional identity. The study makes significant theoretical, practical and methodical contributions to the study of the formation of teachers’ professional identity in countries affected by violent political conflict.

The Level of Using Social Media Sites and its Relationship with Self-esteem and Life Satisfaction for Al-Aqsa University Students in Gaza

This study aims at discovering the level of using social media sites by Al-Aqsa University students and identifying the relationship between this level and the level of student’s self-esteem and life satisfaction. To achieve this aim, the researchers used the descriptive approach and designed a research tool including four sections, which are suitable to the study variables. This study is implemented in the second term of the academic year 2016-2015. The sample of the study includes (753) male and female students of Al-Aqsa University, Gaza.

The results of the study indicate that:

1. Frequency of logging in to social media sites for once a day is (54.5 %), and frequency of logging in to social media sites more than once a day is (54,4 %). Moreover, “less than 50 friends” scored as the most common number of friends with the percentage of “43,3 %”, followed by “from 51 friends to 150 friends” with the percentage of “33.4 %”. Furthermore, the most common number of surfing hours in social media sites is “from one hour to two hours” with the percentage of “42.8 %”, followed by “less than one hour” with percentage “38.5 %”, and finally “more than two hours” with percentage “18.7 %”. The highest scoring time spent with friends is “one hour to two hours” with the percentage of “40.9 %”.

2. The social media sites are used first for sharing knowledge with others, then for communicating with friends, then for chatting with others and finally for communicating with the family.

3. The most important advantages of social media sites are their ability to keep the contact with people far away, the ability of talking to multiple parties at a time, reaching out to old friends and finally the continuous chatting with friends.

4. The disadvantages of social media sites include time squandering with the percentage of “81.5 %”, then the possibility of exposure to danger and abuse with “%26.4”, and finally seeing irritating posts with the percentage of “%25.3”.

5. Generally, the level of using social media sites scored a relative weight of (55.66), the self-esteem of (79.9), while life satisfaction scored (66.7).
There is statistically significant positive correlation relationship between the three variables of the study (the use of social media sites, self-esteem and life satisfaction). This means that the increase of the use of social media sites affect the university student’s self-esteem and life satisfaction; university student’s self-esteem and life satisfaction affect his her use of social media sites; and his/her self-esteem affects his her life satisfaction.

Dr. Ziad Barakat
The Effect of Satellite Channels on the System of Values in Palestinian Society from the Perspective of Students’ Parents

The study aimed to identify the impact of satellite channels in the system of values acquired by students in the Palestinian society from the perspective of the parents of these students in the light of the variables: sex, occupation, income, to achieve this purpose the scale values acquired applied on a sample of fathers and mothers in Tulkarm, Palestine amounted to (860) a father and a mother, and when analyzing the results show that the effect of satellite channels on the values gained by students from the viewpoint of their parents was influential medium in general; while the proportion of this effect ranged between very positive and very negative on the areas of different values. On the other hand, the results showed no differences in the level of statistical effect of satellite channels in the system of values acquired by students from the perspective of parents, due to the variables of gender, occupation, and income.

Dr. Ala Aideen Abd Al Ati
Dr. Ramiz Safi
The Role of Facebook on the development of social communication skills and its effect on the psychological health of Al-Quds Open University students

The study aimed to identify the role of Facebook on the development of social communication skills and its effect on the psychological health of Al-Quds Open University students.

We took the following variables: (sex, specialty, the duration of Facebook use (by years)), and the researchers followed the descriptive method and the researchers used a questionnaire as a tool of survey for collecting data. The Questionnaire consisted of (23) items, spread over three areas: Al Quds Open University was the community of the study and the researchers chose a random sample of 100 students from Al Quds Open University.

The most important results of the study were as follows:

1. The degree of social skills development got a relative weight of (%83.9).
2. The degree of the impact of Facebook on the field of mental health got a relative weight of (%73.5).
3. The degree of the impact of Facebook on the university environment got a relative weight of (%82.9).
4. There is no difference in the role of Facebook in the development of social communication skills of Al-Quds Open University students due to years of experience to use Facebook.
5. There is no difference in the role of Facebook in the development of social communication skills of Al-Quds Open University students due to years of experience in using Facebook.
6. There is no difference in the role of Facebook in the development of social communication skills of Al-Quds Open University students due to specialization.
The study aimed to investigate the relationship between Internet addiction and Psycho-social Adjustment among a sample of Al-Quds University students, and also the study aimed to study the differences in Internet addiction and Psycho-social Adjustment according to gender, college, academic level, and place of residence.

To collect data, the present study used the Internet addiction scale prepared by Young (1998), and a psychosocial adjustment questionnaire which was developed for the purpose of the study. A stratified random sample of 459 students from Al-Quds University students were chosen.

The results showed that the degree of Internet Addiction among the students of Al-Quds University were in the average. Also, there were statistical differences in the averages of Internet Addiction among students of Al-Quds University due to sex, student major and student year of study. While there were no significant differences due to place of residency.

Furthermore, it was found that the degree of Psycho-social Adjustment at students of Al-Quds University came in a high degree; the most important dimension of sociological harmony was “the family harmony”, followed by the learning dimension and the social dimension. However, the psychosocial dimension came last. Also, it was found that there were no significant differences in averages of Psycho-social Adjustment at students of Al-Quds University due sex, place of residency and year of learning.

The results showed a negative correlation between averages of Internet Addiction and the total degree to Psycho-social Adjustment among students of Al-Quds University.
Experiment 1: Two lists of Arabic three and five-letter words were used in a paper word-reading task measuring accuracy and reading time. In Experiment 2, three, four, and five-letter words were displayed in the center of fixation on a screen in a naming task measuring accuracy and naming time. The results of Experiment 1 revealed that the average reading times from paper of Arabic words were affected by the word length, since the average reading time was shorter for three-letter words than five-letter words, reflecting the activation of non-lexical route. Similarly, in Experiment 2, a word length effect was found, since naming time from screen increased as word length increased. Although, we think of the word recognition process as a continuum, with analytical processing at one end and holistic processing at the other, the various extant word recognition models may be placed somewhere on this spectrum. Words in Arabic can be read either via letter-level codes as reflected in the word length effect or via word-level codes even by skilled readers.

Mr. Murad Amro
Talk therapy in the era of globalization and under occupation: Reality and mythology

It was Anna O famous expression "talk therapy" that gave, what we call today psychotherapy, its essence. Based on both psychoanalytical theoretical and practices findings much psychotherapy came to be, one can hardly limit the actual types of psychotherapy. In this paper, and in what concern the relatively recent and expanding Palestine psychotherapy and mental health practices, some serious questions are raised about the reality of the Palestinian mental health filed in the crossroad of occupation and globalization. Does such a field exist? What is the nature of this field? And what are the historical and theoretical back grounds of the practices? How do both colonization and globalization shape and limit mental health interventions and research? What are the defensive myths of such a field? This questions and myths will be treated from a Lacanian psychoanalytical prospective.

Dr. Riyad Saidam
The effectiveness of Selective Psychological Counseling Program (SPCP) among a sample of Palestinian Youth

The study aimed to explore the effectiveness of Selective Psychological Counseling Program (SPCP) among a sample of Palestinian youth to reduce the severity of self-aggression and its effect on some associated variables such as tolerance, altruism, and self-esteem. The study sample consisted of two groups, control and experimental, each group consisting of 10 Palestinian university students. After an initial screening of 100 students, 20 students with the highest scores for self-aggression and lowest scores for associated variables were selected to be part of this study. The participants were also found to be of similar age and economic background. The study was based on an experimental approach, using the following instruments: the Selective Psychological Counseling Program (SPCP) and self-aggression and tolerance measurements prepared by the researcher; an altruism measurement prepared by Rashad Mousa; and a self-esteem measurement by Hsin Abdel Aziz Al Derini et al. All of the instruments were checked and revised for validity and reliability. The results showed decrease in self-aggression among experimental subjects post-SPCP, as indicated by the significant difference.
between the pre and post self-aggression measurement among the experimental subjects. Specifically an increase in tolerance, altruism, and self-esteem in the post-measurement. There was no significant difference among control subjects in the pre and post measurements in any of the study variables (self-aggression, tolerance, altruism, self-esteem). There was also no significant difference regarding any of the study variables, between the results of the post measurement and measurement for the experimental subjects.

The study results, which revealed a decrease in self-aggression level and an increase in the levels of tolerance, altruism, and self-esteem among experimental subjects while revealing no significant change in the control subjects, indicated the success of SPCP. Furthermore, the results indicated an inverse relationship between self-aggression and the study variables (tolerance, altruism, self-esteem).

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Dr. Amal Judeh
Dr. Issa Al-Muhtaseb

Narcissism and its relationship to happiness among athletes in Gaza Governorates

This study aimed at exploring the levels of narcissism and happiness and the relationship between narcissism and happiness and knowledge of the differences in the mean scores of respondents in narcissism, happiness, which may be attributed to the marital status and the type of the game. The study sample consisted of (125) of the athletes in the governorates of Gaza. The researchers used the Narcissism scale and Oxford Happiness Inventory. The results reveal that the levels of narcissism and happiness are as follows: %65.58, %63.76. They also revealed that narcissism was positively related to happiness. Furthermore, the results revealed that there were significant mean differences in narcissism due to marital status and there were no significant mean differences in narcissism due to kind of game, except in feelings of Superiority, Where the differences in favor of the players handball and basketball.

Asma Al Ghurab

The Effectiveness of Cognitive behavioral therapy with Problem Solving Techniques in the alleviation of psychological stress among wives of schizophrenic patients

The aim of the study is identification the effectiveness of cognitive behavioral therapy with Problems solving technique in the alleviation of psychological stressors among schizophrenic patients’ wives, also it aimed to identify the level of psychological stressors and with Problem solving styles before and after the application of the program, and study sample consisted of (12) Wives of schizophrenic patients who follow up at Surani governmental mental health Clinic of the Palestinian Ministry of Health in the Gaza Strip, and who suffer from psychological stress as a result of their spouse’s schizophrenia. They were selected with purposive method. The researcher has used two types of research design, the quasi-experimental (with a one-design), which includes one experimental sample and the application of the program without resorting to a control group, and the qualitative approach, which includes collecting information from respondents either by field observation or by interviews without using of statistical procedures. One of the study instruments used by the researcher psychological stress scale, which was developed tools by the researcher herself, and standardized problem solving styles scale prepared by D’Zurilla T, Nezu A, Maydeu (2002), and it was translated into Arabic by Dr. Mustafa el Masry. As the researcher prepare a Cognitive Behavioral therapy program with Problem solving technique in the alleviation of psychological stress in a sample of wives of schizophrenic patients, also she used individual clinical interviews with a group of specialists in the field of clinical psychology, and another group of wives of schizophrenic patients who have attended the program and both of the researcher preparation.

After statistical analysis, the study found the following results:

• The presence of substantial statistically significant differences between pretest and posttest scores for the overall psychological stress scale and problem-solving styles scale to the wives of patients with schizophrenia, and the differences were in favor of the posttest measurement.

• There were no substantial statistically significant differences between the posttest scores and follow up scores of the psychological stress scale and problem-solving styles scale of the wives of patients with schizophrenia.

• That means the capability of therapeutic program and its effectiveness and continued impact in alleviating the psychological pressure and increase the ability to solve problems among respondents of the study sample.

The study came up with a number of recommendations, the most important recommendation was training of the psychologists and psychiatrists who work in the governmental and non-governmental institutions to practice problem solving therapy, based on the results of this study and others studies who confirm its effectiveness of problem solving for treatment of different mental disorders, that is beneficial for the patients and their families.
A Comprehensive Student Support Program in Mental Health

Palestinian Medical Education Initiative (PMED) reports here on a comprehensive program to support student mental health established at the Dar Al-Hekmeh Schools in East Jerusalem during the school year 2016-2015, funded by Deutsches Gesellschaft für Internationale Zusammenarbeit (GIZ). Method: Program involved intensive year-long face-to-face engagement of a PMED mental health psychotherapist/trainer at the school. Key programmatic elements were a series of intensive trainings for all school staff, a series of intensive trainings for parents, and the establishment of a permanent school-based Taskforce. The Taskforce, under the leadership of the PMED trainer, consisted of two teachers, the school principal, and the school guidance counselor. The Taskforce met weekly and forged a formal communication network with all of the teachers. The aims of the Taskforce were to develop school-wide programming supporting resilience in every student and to plan and to implement interventions for specific students referred for behavioral and/or learning problems. Outcomes were captured through PMED instruments which evaluated the training programs and tracked over time the responses of each student to his or her individualized plan. Results: The program was viewed as successful. The training programs were highly rated; indicators suggested that students in general experienced improvements. Individualized plans led to improvement in %23 of the students referred to the Taskforce for individual problems. The remaining students were referred to psychiatrists—a step which revealed that stigma regarding emotional problems among families was a commonplace obstacle to improving the mental health status of students. Discussion: The pilot program demonstrates the benefits and the proof of concept of this training model with implications for future program development, policy planning, and research.

The Relationship between Vocational Tendencies and Multiple Intelligence among 10th Grade Students in Hebron and Bethlehem Districts in Palestine

This study aimed to investigate the relationship between the fields of Vocational Tendencies and the dimensions of Multiple Intelligence among the 10th grade students in Hebron and Bethlehem directorates in Palestine according to gender variable, and by using the Vocational Tendencies scale and Multiple Intelligence scale. The results revealed that a significant correlation between Vocational Tendencies and Multiple Intelligence. The results showed that the rank of Vocational Tendencies as follows: science, art, commercial, hotel, and industrial, home economic, agriculture and religion (shari). The rank of Multiple Intelligence was: social, personal, verbal, bodily, logic, spatial, musical and natural. Also there were significant differences in industrial, agriculture and commercial in favor of males while in science, art, hotel and home economic in favor of females. Finally the results revealed that students consulate family, friends, relatives and school counselor, respectively, regarding study and work. There were no significant differences in this issue due to gender. The researchers recommend adopting the application of the results of tendency and multiple intelligence tests before distributing students on the secondary streams. It also recommended to build an academic curriculum on the basis of all dimensions of Multiple Intelligences, especially musical and natural intelligence, and not to focus only on logical and verbal intelligence.

it has focused on studies of many social networking as a means of modern communication, and they neglected the social and psychological effects on them, so we must not overlook the fact that these networks are psychological effects desirable and others undesirable, sometimes become undesirable effects destructive to the point threatening to cancel their benefits, The study aims to reveal the psychological effects on the adolescent users Facebook site, researcher has used the descriptive and analytical approach, and the researcher has designed a survey form (Questionnaire) for the collection of information, included the study sample (221) students northern Gaza. The study found that Facebook has positive psychological effects are very high and the figures were as follows (self-realization %84, get rid of the pressures of life 78), and came the negative effects of Facebook is low as indicated %48 said they feel nervous ) the most important motives to use Facebook is to fill leisure time, entertainment came in the first, teenagers spend more than four hours on Facebook by %46, and the best time favorite have is the evening period by 56%, most teenagers posing in fact, clear on the site. The researcher recommended that guide the students and make them aware of the risks of using Facebook undisciplined, and directing them to rationalize its uses and timer use him.

Sherein Abdeen

Dr.Adham Tobail

Dr Majdi Al-Kurdi, and Mrs. Areej Al-Hasanat

Mr.Rashid M. R. Arar and Prof.Taisir Abdelrahman

The Internet has spread throughout the world, and became communities more open to each other, it is easy to network, share ideas, and thoughts, that the spread of social networking sites, Especially Facebook site which is one of the most popular sites, These networks do not exist controls connecting things , there are no ways to reduce the disadvantages, and Facebook undisciplined, and directing them to rationalize its uses and timer use him.

Sherein Abdeen

A Comprehensive Student Support Program in Mental Health

Face book as a case study

The Internet has spread throughout the world, and became communities more open to each other, it is easy to network, share ideas, and thoughts, that the spread of social networking sites, Especially Facebook site which is one of the most popular sites, These networks do not exist controls connecting things , there are no ways to reduce the disadvantages, and Facebook undisciplined, and directing them to rationalize its uses and timer use him.

Dr. Adham Tobail

Dr Majdi Al-Kurdi, and Mrs. Areej Al-Hasanat

Social networking sites and their psychological effects on teenagers: It has focused on studies of many social networking as a means of modern communication, and they neglected the social and psychological effects on them, so we must not overlook the fact that these networks are psychological effects desirable and others undesirable, sometimes become undesirable effects destructive to the point threatening to cancel their benefits, The study aims to reveal the psychological effects on the adolescent users Facebook site, researcher has used the descriptive and analytical approach, and the researcher has designed a survey form (Questionnaire) for the collection of information, included the study sample (221) students northern Gaza. The study found that Facebook has positive psychological effects are very high and the figures were as follows (self-realization %84, get rid of the pressures of life 78), and came the negative effects of Facebook is low as indicated %48 said they feel nervous ) the most important motives to use Facebook is to fill leisure time, entertainment came in the first, teenagers spend more than four hours on Facebook by %46, and the best time favorite have is the evening period by 56%, most teenagers posing in fact, clear on the site. The researcher recommended that guide the students and make them aware of the risks of using Facebook undisciplined, and directing them to rationalize its uses and timer use him.

Dr. Adham Tobail
Mr. Khalil A. Migdad & Mrs. Inas Jouda

Behavioral and emotional problems and their relationship to psychological Resilience among children in Gaza

Summary of the study:

Aims
The study aimed to identify the behavioral and emotional problems and their relationship to psychological resilience among children in the Gaza Strip.

Methodology
It descriptive analytic study, the sample was 383 children from Gaza, had %52.2 male, and %47.8 females, ranging in age from 11 to 17 years old, the average is 14.04 and the deviation is 1.85.

Tools:
Ontario scale was used for the mental health of children, prepared by (Miller et al, 1999 and localization by (Thabet, 2006) Ontario scale consisting of 62 paragraph which measures five dimensions (conduct, Oppositional deviant disorder, Overanxious, and Separation anxiety) and the Psychological resilience scale for children, prepared by (Mukhaimar, 2002) consisting of 47paragraph measures the three dimensions (commitment, control, challenge).

Statistical methods
Descriptive statistics were used, correlation coefficients and used T for two independent samples.

Results
• The results showed that the average mental problems reached 37.7 and standard deviation 18.40, and relative weight (%29.9), the most common psychological problems among children of Separation anxiety was %43.4, then Overanxious %22.4, then the symptoms of Hyperactivity %35.1, and then Oppositional deviant disorder %32.0, then the Depression %27.2, then Conduct %13.1. It was noted that males have Conduct (bad behavior) than females, whereas no substantial differences between males and females in the emotional and behavioral problems and dimensions, also noted that children 13 years of age and under suffer from holistic psychological problems and the following symptoms (Oppositional deviant disorder, Separation anxiety , and Hyperactivity) than children aged 14 years and over.

Mrs. Ferdoos Abed Rabo Alissa
The psychosocial personality characteristics among Palestinian adolescents who experience imprisonment and its relationship to their mental health: A psychometric – clinical study

The current study is designed to identify the psychological and social characteristics of the personality of a sample of Palestinian adolescents who were arrested and who were not arrested and its relationship to their mental health. A descriptive, correlative, comparative and case study design were utilized to achieve this purpose. The study sample consisted of 316 detainees from the West Bank and Jerusalem, the sample represents 40% of the total population with response rate 37.1%. The study sample included 149 adolescents who were not arrested. The sample was purposefully selected. The data was collected by utilizing self-report questionnaires such as mental health scale, personality characteristics scale, self–esteem scale, psychological hardness scale and TAT test. The statistical analysis was performed using (SPSS).

The results of the study revealed that, there are statically significant differences in mental health level between adolescents who were arrested and not arrested at P = (0.000). The participants who were arrested had lower level of mental health compared with non–detainees. Also, there are relationships between exposure to arrest and abuse of alcohol and smoking cigarettes, the participants who were arrested had higher level of these behaviors, while there is no relationship between exposure to arrest and take drugs without consulting a doctor, suicide ideation and attempts. There are no differences in psychological and social personality characteristics such as negative effect, detachment, antagonism, disinhibiting, and psychoticism between detainees and non–detainees except in disinhibiting axis and the differences were statistically significant (p=(0.039). There is a positive relationship between personality characteristics and

• Average of psychological rigidity reached 57.4 and deviation of 9.8, and relative weight %61.1 noted a lack of substantial differences between males and females in the mental resilience and dimensions, and noted the absence of substantial differences in the psychological rigidity for age groups,

• Noted the existence of an inverse relationship between psychological resilience and commitment dimensions and between holistic psychological problems and its dimensions (conduct, Oppositional deviant disorder, Overanxious, and Separation anxiety). While there was a correlation between control and between separation anxiety, no relationship exists between the control dimension and a challenge dimension and between the holistic psychological problems and the following dimensions (Conduct, Hyperactivity, Overanxious and Depression).
The study was titled after Israeli violence in the formation of the Palestinian youth figure from the Perspective of Palestine University students

The study aimed to determine the relationship between psychological rigidity and social anxiety in relation to gender, specialization, and grade among secondary school students in North Gaza Governorate. The study used a questionnaire prepared by Mr. Mohammed Al-Sayed Abd Al-Rahman, and Ms. HanimAbd Al-Maqsoud. The study was conducted among secondary school students in North Gaza Governorate, where the sample of the study consisted of 300 students from both scientific and literary streams in North Gaza Governorate, and explore the differences between psychological rigidity (commitment, control, challenge) and social anxiety according to gender and, specialization, and grade. The researcher adopted the analytical descriptive method, the population of the study consists of (300) from secondary students in both scientific and Literary streams in North Gaza Governorate, where the sample of the study was (300).The data was collected by establishing a questionnaire of psychological rigidity which consists of (30) items and a measurement of social anxiety which consists of (23) items, the tools of the study were prepared by Mr. Mohammed Al-Sayed Abd Al-Rahman, and Ms. HanimAbd Al-Maqsoud (1998). The study shows that 1) the variable of (commitment) had a weight of %84.3, the (control) variable had a weight of %79.8, the (challenge) variable had a weight of %74.83, while the total relative weight for the psychological rigidity was %79.64, and the total relative weight for the social anxiety was %63.16 for secondary school students in North Gaza governorate. 2) There were statistically significant differences at a level of significance (p-value>0.05) (regarding the psychological rigidity with its dimensions (commitment, control, challenge) total) attributed to the gender (male, female) in favor of males. 3) There were statistically significant differences at a level of significance (p-value>0.05) (regarding the social anxiety attributed to the gender (male, female) in favor of males).4)There were statistically significant differences at a level of significance (p-value>0.05 (regarding the psychological rigidity with its dimensions (commitment, control, challenge, total)
attributed to the specialization (scientific, Literary) in favor of scientific stream. 5) There were statistically significant differences at a level of significance (p-value>0.05) (regarding the social anxiety attributed to the specialization (scientific, Literary) in favor of scientific stream. 6) There were statistically significant differences at a level of significance (p-value>0.05) (regarding the psychological rigidity with its dimensions (commitment, control, challenge, total) attributed to the grade order (11th, 12th) in favor of 12th grade. 7) There were statistically significant differences at a level of significance (p-value>0.05) regarding.

**Title**: Potential violence and recidivism in the Ecuadorian prison population

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**Introduction**: Previously being convicted is a powerful predictor of current violent behavior (Delisi, 2003). There are no similar studies in the Ecuadorian prison population. **Objective**: This study examined potential violence among offenders and re-offenders. **Method**: The sample was composed of 192 first-time offenders, with a range of 75-19 years of age (M = 36.94, SD = 11.51), and 171 re-offenders, with an age range 68-21 years (M = 35.02, SD = 9.56) from the Guayas Regional Social Rehabilitation Center (Guayaquil, Ecuador). The Personality Assessment Inventory (Ortiz-Tallo et al., 2011) was administrated. The Violence Potential Index (VPI), which measures a variety of risk factors for violence, was examined. **Results**: The groups were matched in age but showed significant differences for VPI (p = .000), where re-offenders performed with higher scores. **Conclusions**: Re-offenders show a higher risk of violent behavior, confirming previous findings (Delisi, 2003). The suggests the utility of the PAI and the VPI in the study about the prediction of violence in the Ecuadorian prison population.

**Key words**: Violence, Recidivism, Prison population, PAI

**Title**: Aggression in Ecuadorian offenders by type of conviction offense

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**Introduction**: The relationship between aggressiveness in prison and the type of criminal conviction was studied in English-
speaking countries (Schenk & Fremouw, 2012). However, there are no studies about this relationship in the Ecuadorian prison population. **Objective.** Studying aggression among Ecuadorians convicted of murder and property crime. **Method.** The sample was composed of 152 individuals convicted of property crime (PC), with a range of 70-18 years of age (M = 31.82, SD = 8.39), and 137 individuals convicted of murder crime (MC), with a range of 68-20 years of age (M = 34.09, SD = 8.22), from the Guayaquil Social Rehabilitation Center (Guayaquil, Ecuador). The Personality Assessment Inventory (Ortiz-Tallo et al., 2011) was administrated. The Aggression scale (AGR), which measures characteristics and attitudes related to violent behavior, was used. **Results.** Significant differences were found between groups for age (p = .021) and AGR (p = .010), where individuals PC category got higher scores. **Conclusions.** Those convicted of property crime (PC) are more aggressive than other criminals (MC). These findings demonstrate the utility of the PAI and AGR scales.

**EMOTIONAL REGULATION IMPROVEMENT IN PRESCHOOL CHILDREN: EFFECTS OF A PROGRAM FOR PROMOTING EXECUTIVE FUNCTIONS (PEFEN)**

Abstract Author(s) and their affiliation: Miguel Pérez-García, Manuel Fernández-Alcántara, Purificación Pérez-García, Mª Nieves Pérez-Marfil, Natalia Hidalgo-Ruzzante, Rocío Pérez-Lobato, Belén Aglio-Ramírez, & Francisco Cruz-Quintana. Mind, Brain and Behavior Research Center (CIMCYC). University of Granada (Spain).

**Introduction:** Emotional regulation (ER) can be defined as the systematic adjustment of emotions, including their intensity and duration, and their influence on other psychological processes (such as memory or social interaction) (Cole et al., 2004). ER is a basic competence developed in early childhood. **Objective:** To assess the changes in ER in children who have completed a program to stimulate executive function (PEFEN) in comparison with a control group. **Method:** A total of 46 children (5 years old) participated in the study. Half of them received the PEFEN Program (N=23, Intervention Group), while the other half received standard stimulation (N=23, Control Group). The PEFEN (Cruz-Quintana et al., 2014) was administered by the teacher throughout 3 months. The program includes activities that integrate different components of executive function including: working memory, inhibition, flexibility, and attention (using Mindfulness techniques). For assessing ER, mothers completed, after and before the program, the Spanish version of the Behavior Rating Inventory of Executive Function: Preschool Version (BRIEF-P) and a self-report measure designed for this research, which included information about the family-child relationship. **Results:** Statistically significant results were obtained between groups in the dimensions of Emotional Control, F=4.678, p=.038, and Impulsivity χ²=8.937, p=.003. **Conclusions:** Emotional regulation is a central skill that helps children adequately solve problems and that promotes adaptive functioning. Early intervention in schools in this area may prevent future emotional, academic, and work-related obstacles in children.

**Impact of stress-related variables on depressive and anxiety symptoms in the general population**

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Introduction: Given the high prevalence of anxiety and depression disorders among the general population, it is necessary to know which factors are influencing the development of psychopathological symptoms in order to enhance prevention efforts.

Methodology: 67 % (822 woman) participants (age:x=27.2;Sd=11,1) from the general population completed the following scales: SCL-90-R anxiety and depression subscales, perceived stress scale, self-efficacy scale, Connor and Davidson resilience scale, perceived social support scale, stress vulnerability scale, and hardiness scale.

Results: a multiple linear regression analysis showed a statistically significant relation between anxiety symptoms and perceived stress, stress vulnerability, and self-efficacy (F(74.7)=3.7; p<0.001). Anxious symptoms were related with higher scores in perceived stress (p<0.001) and stress vulnerability (p<0.001), and lower punctuations in self-efficacy (p<0.05). These three variables explained 42.4 % of the variability in anxiety symptoms (perceived stress: 34.5%; stress vulnerability: 7.7%; self-efficacy: 0.3%). In relation to depressive symptoms, the multiple linear regression analysis showed a statistically significant association with perceived stress, stress vulnerability, perceived social support and resilience (F(176.97)=4.69; p<0.001). Higher scores in depressive symptoms were related with higher scores in perceived stress (p<0.001) and stress vulnerability (p<0.001), and lower scores in perceived social support (p<0.001) and resilience (p<0.001). These four variables explained 50.4 % of the variability in depressive symptoms (perceived stress: 40%; stress vulnerability:7.1%; resilience:1.6%; perceived social support:0.8%). No other variable entered on the regression equation.

Conclusions: according to previous research anxiety and depressive symptoms are related to perceived stress and stress vulnerability, supporting the idea that stress has a main role in the development of psychopathological symptoms. Nevertheless, we also found specific variables considered as stress protective factors that influence the development of each type of psychopathology. While anxiety is inversely related to self-efficacy, depression is inversely related to resilience and social support.

The aspiration level and its relationship with emotional stability of high school students in Southern West Bank Districts.
Mohammad Nammourah, Palestine

High school phase is one of the most important phases in students' academic and psychological life through which they face different psychological developments. These developments usually affect students' emotional adjustment. Both aspiration and emotional stability are the most personal characteristics which help an individual enjoy emotional adjustment and mental health. So, the researcher was encouraged to study the level of aspiration of high school students in Southern West Bank and its relationship with emotional stability.

This was achieved through answering the following questions:

1. What’s the aspiration level of high school students in southern west bank districts?
2. What’s the emotional stability level of high school students in southern west bank districts?
3. Are there statistically significant differences at (0.05≥α) in the aspiration level and emotional stability according to variables of: gender, stream of study, religion, place of residence, order in the family, father’s education level and mother’s education level?
4. Is there statistically significant relationship at (0.05≥α) between the aspiration level and emotional stability of high school students in Southern West Bank districts?

To answer the questions and to test the hypotheses, the researcher has used two tools. These tools were the level of aspiration which was prepared by Alsafe and Mohammed (2001), whose coefficient reliability Cronopach Alpha was (0.81), and the emotional stability which was prepared by the researcher whose coefficient reliability Cronopach Alpha was (0.76). This was adopted with some editing in some items to suit the society of the study.

These tools were applied at the random rank based and clustered sample which consisted of (552) students was chosen randomly, percentage %5 of the original population which counted (11031) male and female high school students in the eleventh grade in the districts of Bethlehem, Hebron and South Hebron in the academic year 2005/2004.
After analyzing the results, the study revealed the following:-

1. The aspiration level of the study sample was «medium», with mean of (3.59).
2. The emotional stability degree of the study sample was «medium», with mean of (3.21).
3. There were statistically significant differences in the aspiration level attributed to the variable of the study stream, place of residence, father’s level of education and mother’s level of education.
4. There were no statistically significant differences in the aspiration level attributed to the variable of gender, religion and order in the family.
5. There were statistically significant differences in the degree of the emotional stability attributed to the variable of gender, place of residence, father’s education level and mother’s education level.
6. There were no statistically significant differences in the degree of the emotional stability (total degree and sub-degrees) attributed to the variables of stream of study, religion and order in the family.
7. There was a statistically positive relation between the emotional stability and the aspiration level.

In the light of these findings, the researcher made some recommendations.