

APPC 2018 CONFERENCE
4 - 7 April 2018
North-West University, Potchefstroom
FINAL PROGRAMME

WEDNESDAY 4 APRIL

Pre-Conference Workshops

07h30 - 08h30 REGISTRATION FOR PRE-CONFERENCE WORKSHOPS Auditorium Foyer

PRE-CONFERENCE WORKSHOP G23 216

08h30 - 12h30 Emerging Scientist pre-conference workshop **Antonella Delle Fave**

PRE-CONFERENCE WORKSHOP G23 219

08h30 - 12h30 Strategies to promote eudaimonic well-being across the life span: from childhood to older age **Chiara Ruini**

PRE-CONFERENCE WORKSHOP E9 Transnet

08h30 - 12h30 Promoting sustainable, global and positive peace in everyday life: the role of participatory methods for community-based programs **Luis Miguel Neto & Helena Marujo**

12h30 – 13h30 **LUNCH** Alumni Hall

12h30 – 13h30 REGISTRATION FOR PRE-CONFERENCE WORKSHOPS Auditorium Foyer

PRE-CONFERENCE WORKSHOP G23 216

13h30 – 17h30 Data analysis with Mplus: A gentle introduction **Ian Rothmann**

PRE-CONFERENCE WORKSHOP G23 219

13h30 – 17h30 The Psychology of “Bad”: Making ethical decisions in the presence of social forces (Ethics CEUs accredited) **Paul Vorster**

PRE-CONFERENCE WORKSHOP E9 Transnet

13h30 – 17h30 Promoting sustainable, global and positive peace in everyday life: the role of participatory methods for community-based programs **Luis Miguel Neto & Helena Marujo**

16h00 - 18h00 REGISTRATION FOR CONFERENCE Auditorium Foyer

18h00 - 19h00 **Welcome Ceremony** Auditorium

19h00 - 21h00 **Cocktail Function** Auditorium Foyer

THURSDAY 5 APRIL

08h00 - 17h00 REGISTRATION Auditorium Foyer

PLENARY SESSION (Keynote Address) Auditorium

08h30 - 09h15 **Chair:** Marié P. Wissing
 The heuristic potential of interconnectedness models in well-being research **Antonella Delle Fave**

09h15 - 09h30 **MOVE BETWEEN VENUES**

PARALLEL SESSION (Invited speakers)		Auditorium
09h30 - 10h45	<p>Chair: Angelina Fadji</p> <p>Embracing well-being in diverse contexts: The third wave of positive psychology</p> <p>A Positive Psychological theory of marriage development: An Africentric perspective</p>	<p>Marié P. Wissing</p> <p>Augustine Nwoye</p>
PARALLEL SESSION (Paper presentation session: <i>Well-being in an education and supervision context</i>)		E8 G01
09h30 - 10h45	<p>Chair: Ansie Elizabeth Kitching</p> <p>Enhancement of learner's educational, psycho-social and emotional well-being in an informal settlement school from a well-being perspective</p> <p>The promotion of holistic wellbeing in South African schools: Proposing a way forward</p> <p>Enhancing the first-year experience: a case for strengths mentoring</p> <p>Resilience processes of child protection social workers in South Africa: Views of supervisors</p>	<p>Yvonne Matlala</p> <p>Ansie Elizabeth Kitching</p> <p>Henry Mason</p> <p>Elmien Truter; Ansie Fouche</p>
PARALLEL SESSION (Paper presentation session: <i>Music and well-being promotion</i>)		E8 G34
09h30 - 10h45	<p>Chair: Sonja Cruywagen</p> <p>Exploring lived experiences of music listening among rugby players</p> <p>A life-long engagement in music: teach to flourish as musician</p> <p>Singing and well-being in a junior primary school choir: An exploratory case study</p> <p>Exploring the lived piano-playing experiences of older adults</p>	<p>Tammy Aslett</p> <p>Sonja Cruywagen</p> <p>Mignon van Vreden</p> <p>Corlia Fourie</p>
PARALLEL SESSION (Paper presentation session: <i>Posttraumatic growth</i>)		E8 G35
09h30 - 10h45	<p>Chair: John Bosco Chukwuorji</p> <p>Mediating roles of deliberate and intrusive rumination in relationships of event centrality and posttraumatic growth</p> <p>Grit and academic performance in a South African Higher Education residence context</p> <p>A study of posttraumatic growth with a narrative approach to Jes Foord's experience of rape</p>	<p>John Bosco Chukwuorji; Chuka Mike Ifeagwazi; John E. Eze</p> <p>Sean Abrahams</p> <p>Jane Victoria Volker; Gertie Pretorius</p>
10h45 – 11h15	Tea/coffee Break	Auditorium Foyer & E8 Foyer
PARALLEL SESSION (Invited Speakers)		Auditorium
11h15 – 12h30	<p>Chair: Christelle Liversage</p> <p>A biopsychosocial perspective on chronic pain in Fibromyalgia syndrome: An example of promoting well-being</p> <p>Constructive Journalism: How positive psychology informs global media</p>	<p>Helgard Meyer</p> <p>Hans Henrik Knoop</p>
PARALLEL SESSION (Paper presentation session: <i>Measurement in Positive Psychology</i>)		E8 G01
11h15 – 12h30	<p>Chair: Marieta du Plessis</p> <p>Sensitivity of measurement of well-being across the spectrum: Do we measure what we think we measure?</p> <p>Feeling and functioning well: A comparison between two versions of the Flourishing-at-Work Scale</p> <p>Psychometric properties of the Authentic Leadership Questionnaire: Evidence from a South African sample</p>	<p>Lusilda Schutte; Marié P. Wissing</p> <p>Kleinjan Redelinghuys; Sebastiaan Rothmann; Eirie Botha</p> <p>Petrus Nel; Marieta du Plessis</p>

PARALLEL SESSION (Paper presentation session: <i>Culture and religion</i>)		E8 G34
11h15 – 12h30	Chair: Augustine Nwoye The relationship between cultural intelligence and thriving at work: Preliminary empirical results Positive Psychology brewed in the African proverbial pots: The reflections of Ghanaian paremiologists Understanding the complexities of women in leadership within the South African Indian community: A proposed conceptual Framework The "Persona" lives of African Roman Catholic priests	Lucien Lezar; Freda van der Walt Collins Badu Agyemang; Mavis Tetteh Vedhna Lalla James Onyango Juma; Danie du Toit; Karen van der Merwe
PARALLEL SESSION (Paper presentation session: <i>Resilience and grit</i>)		E8 G35
11h15 – 12h30	Chair: Richard Appiah Promoting resilience among Sesotho-speaking adolescent girls: Lessons for South African teachers Building resilience and productivity in residents of low-income communities in Northern Ghana: A cognitive-behavioural group intervention Preclinical medical students' perceptions of resilience Peer helpers' experience of participation in an adventure-based experiential learning programme: A grit perspective	Tamlynn Jefferis; Linda Theron Richard Appiah; Angela Ofori-Atta; Dean Karlan; Elizabeth Bradley Anja Botha; Lynette van der Merwe Marica Pienaar; Johan Potgieter; Cornelia Schreck; Ilana Coetzee
12h30 – 13h30	LUNCH	Alumni Hall
PLENARY SESSION (Keynote Address)		Auditorium
13h30 – 14h30	Chair: Angelina Fadji Adolescent pathways of resilience: African insights	Linda Theron
14h30 - 14h45	MOVE BETWEEN VENUES	
PARALLEL SESSION (Invited Speaker)		Auditorium
14h45 – 16h00	Chair: Itumeleng P. Khumalo Health norms framing with religion adherence: Follower-centric approaches Collaboration for attracting large research project funding	Elias Mpofu Elias Mpofu
PARALLEL SESSION (Paper presentation session: <i>Strengths and subjective well-being</i>)		E8 G01
14h45 – 16h00	Chair: Ansie Fouché Passionate motorcyclists: Happiness on full throttle Making a case for strengths-based workplace wellness promotion initiatives in the South African context: A concept paper Exploring the subjective well-being of young adult peer educators in a resource-constrained context VIA signature strengths in a group of adult female survivors of childhood sexual abuse in South Africa	Stefan Kruger Leana Meiring Julie McFarlane; Tony Naidoo Hayley Walker-Williams; Ansie Fouché
PARALLEL SESSION (Paper presentation session: <i>Hope in diverse contexts</i>)		E8 G34
14h45 – 16h00	Chair: Tharina Guse The effect of using a Lego teaching aid on the hopefulness and self-efficacy of teachers Research as hope-intervention: Mobilising hope in a South African Higher Education context Development and validation of the Academic Hope Scale in the Ugandan context The role of meaning in life in the relationship between hope and well-being	Mandie Boucher Avivit Cherrington Charles Magoba Muwonge; Joseph Ssenyonga; Diana Kwarikunda Monique Chalize Shaw; Tharina Guse

PARALLEL SESSION: Invited round-table discussion		E9 Transnet
14h45 – 16h00	Is there a need for positive psychological intervention in Namibia? Conveners: Cilas Wilders & Manfred Janik	
16h00-16h30	Tea/coffee Break	Auditorium Foyer & E8 Foyer
PARALLEL SESSION: Meet-the-editor session		Auditorium
16h30 – 17h45	Facilitator: Marié P. Wissing	Antonella Delle Fave; Elias Mpfu; Anthony Pillay
PARALLEL SESSION: In-conference Workshop		E9 Transnet
16h30 – 17h45	Towards positive organisations: Essential behaviors for “vital leadership” in diverse contexts	Tertia Havenga; Christelle Liversage

FRIDAY, 6 APRIL

08h00 - 17h00	REGISTRATION	Auditorium Foyer
PLENARY SESSION (Keynote Address)		Auditorium
08h30 - 09h15	Chair: Christelle Liversage Character strengths in the African context: Attempts at conceptualisation, operationalisation, and interventions	Sahaya Selvam
09h15 - 09h30	MOVE BETWEEN VENUES	
PARALLEL SESSION (Invited Speakers)		Auditorium
09h30 - 10h45	Chair: Lusilda Schutte Translation and validation of wellbeing assessment instruments in African context: Issues, challenges and opportunities	John Bosco Chika Chukwuorji
	Researching children’s subjective well-being: Considerations for method, theory and social policy	Shazly Savahl
PARALLEL SESSION (Paper presentation session: <i>Workplace engagement and flourishing</i>)		E8 G01
09h30 - 10h45	Chair: Marita Heyns Perceived customer value, organisational support and flourishing at work	Marita Heyns; Werner Beukes
	Job characteristics, job satisfaction and work engagement of employees in a municipality and provincial department in South Africa	Leon Jackson
	“Healing the wounds of the past”: The role of Positive Psychology in the post-Apartheid South African workplace	Sandiso Bazana
	The light around our emotional suppressions and woes: A study of some Ghanaian media practitioners	Collins Badu Agyemang
PARALLEL SESSION (Paper presentation session: <i>Positive Psychology interventions</i>)		E8 G34
09h30 - 10h45	Chair: Tharina Guse South African female prisoners' experiences of the Sycamore Tree project with strength-based activities	Mariette Fourie; Vicki Koen
	Positive Psychology interventions in an African context: A scope of the landscape and future directions	Tharina Guse
	An RCT on a Positive Psychology intervention for lonely people with health problems	Laura Weiss; Martijn A. H. Oude Voshaar; Ernst T. Bohlmeijer; Gerben J. Westerhof
	An evaluation of the effectiveness of a positive leadership intervention	Johan Schoeman; Marieta du Plessis
PARALLEL SESSION: In-conference Workshop		E9 Transnet
09h30 - 10h45	Solution building in South African Correctional Centres: Applying solution focused brief therapy with offenders	Jolize Joubert; Zibeth Hansen
10h45 – 11h15	Tea/coffee Break	

PARALLEL SESSION (Invited Speakers)		Auditorium
11h15 – 12h30	Chair: Tharina Guse The power of hope: Psychosocial benefits of hope across the lifespan Positive society – promoting wellbeing: A whole-of-society approach to promote health and wellbeing for all	Alena Slezácková Dóra Guðrún Guðmundsdóttir
PARALLEL SESSION (Symposium: <i>Ethics and leadership development: A well-being promotion perspective (Applied for Ethics CEUs)</i>		E8 G01
11h15 – 12h30	Chair: Neo Pule High workload and immoral/unethical behavior of leaders impact on exhaustion of police officers, Namibia Ethical considerations in assessment within Positive Psychology Mandela and Moses as containers of forgiveness and leadership: through a psychodynamic eye and a positive psychology lens Defining a positive citizenship: Wellbeing for emancipation	Wesley Pieters; Clara Hasheela Anneke Stols Neo Pule; Michelle May Leora Rifkin
PARALLEL SESSION (Paper presentation session: <i>Goals and Self-regulation</i>)		E8 G34
11h15 – 12h30	Chair: Karel Botha Prospective conceptual model of Tomatis® method effects on students' self-regulation The relationship between mindfulness and emotional regulation in emerging adulthood "Lagom" and adaptive self-regulation: a critical analysis	Annelize Bonthuys Karel Botha; Anneke Stols Sunelle Basson; Karel Botha; Wilma Breytenbach Karel Botha
PARALLEL SESSION (Paper presentation session: <i>Well-being of youth in various contexts</i>)		E8 G35
11h15 – 12h30	Chair: Petro Erasmums Black youth empowerment: The role of identity style and Positive Psychology in relationships with adults I and myself, I and you, I and others: Developing hope through group projects in teaching Positive Psychology Youth in conflict with the law: Understanding the integration of psychology and film through Tsotsi Strengthening families: Challenges and strengths of mothers with substance-problems living in a high-risk community	Marinda Harrell-Levy; Ebony Ford Petro Erasmus Kenalemang Nkwoji Izanette Van Schalkwyk
12h30 – 13h30	LUNCH	Alumni Hall
PLENARY SESSION (Keynote Address)		Auditorium
13h30 – 14h30	Chair: Lusilda Schutte Positive Psychology and Global Peace Education: A romantic and sustainable matrimony	Helena Marujo & Luis Miguel Neto
14h30 - 14h45	MOVE BETWEEN VENUES	
PARALLEL SESSION: Invited In-conference Workshop		Auditorium
14h45 – 16h00	Chair: Ian Rothmann Appreciative inquiry for positive change and development	Freddie Crous
PARALLEL SESSION (Paper presentation session: <i>Positive and successful Family</i>)		E8 G01
14h45 – 16h00	Chair: Tharina Guse Absent father and psychological well-being of children: A Positive Psychology view into fatherhood in South Africa Exploring adult horse riders' perceptions of their communication with horses and how it translates to their communication with family	Simnikiwe Magqamfana; Sandiso Bazana Annemarie Scholtz; Vicki Koen; Tertia Oosthuizen

Strategies for work-family balance in a South African context **Marlize Bisschoff; Vicki Koen; Elma H. Ryke**
 Parenting style as a predictor of self-compassion among a group of adolescents **Jenny Dakers; Tharina Guse**

PARALLEL SESSION (Paper presentation session: *Measurement in Positive Psychology*) E8 G34

14h45 – 16h00 **Chair:** Lusilda Schutte
 Re-evaluating the factor structure of the Basic Psychological Needs Scale: Application of standard and bifactor ESEM **Amanda Cromhout; Lusilda Schutte; Marié P. Wissing**
 Further validation of the Positive and Negative Affect Schedule: A bifactor exploratory structural equation modelling approach **Jonathan Klapwijk; Lusilda Schutte; Marié P. Wissing**
 Critical analysis of social impact measurement models **Erna van der Westhuizen; Marié P. Wissing; Lusilda Schutte; Christi Niesing**

PARALLEL SESSION: In-conference Workshop E9 Transnet

14h45 – 16h00 The Mmogo-method®: A visual data generation tool for exploring relational and group experiences **Avivit Cherrington**
 16h00-16h30 Tea/coffee Break Auditorium Foyer & E8 Foyer

Launch of South African Positive Psychology Association and Africa Network for Positive Psychology Auditorium

16h30 – 18h00 **Itumeleng P. Khumalo & Tharina Guse**
 19h00 **Conference Dinner (transport provided from the Auditorium)** Christa Galli

SATURDAY, 7 APRIL

08h00 - 14h00 REGISTRATION Auditorium Foyer

PARALLEL SESSION (Invited round table discussion) Auditorium

08h30 – 09h45 Student perspectives on Positive Psychology in Africa **Conveners: Khomotso Khoza & Arnel Huisamen**

PARALLEL SESSION (Paper presentation session: *Positive development across the lifespan*) E8 G01

08h30 – 09h45 **Chair:** Vera Roos
 Positive constructs of ageing: A critical reflection **Vera Roos; Jaco Hoffman**
 Quality of life and older persons: Optimizing formal care **Lizanle van Biljon; Vera Roos**
 A Positive Psychological theory of marriage development: An Africentric perspective **Augustine Nwoye**

PARALLEL SESSION (Paper presentation session: *Well-being in the service of healthcare*) E8 G34

10h00 – 11h15 **Chair:** Wesley Pieters
 Juggling work load and resources: Exhaustion of nurses and police officers in Namibia **Wesley Pieters; Amoret van Heerden**
 Nursing students' conceptions of the meaning of work: a qualitative exploration **Henry Mason**
 Improving general health and reducing burnout of nurses in Namibia **Wesley Pieters; Letisha Matheus**
 Exploring resilience in nurses caring for older persons **Petronella Benadé; Emmerentia du Plessis; Magdalena Petronella Koen**

09h45 - 10h00 **MOVE BETWEEN VENUES**
PARALLEL SESSION (Critical debate: *Ethics in Positive Psychology: Research and practice (Applied for Ethics CEUs)*) Auditorium

10h00 – 11h15 Responsible science and impactful practice: The ethical dilemmas of Positive Psychology **Conveners: Itumeleng P. Khumalo & Tharina Guse**

PARALLEL SESSION (Paper presentation session: *Diabetes and well-being*) E8 G01

10h00 – 11h15 **Chair:** Elmarie Deacon

Can adolescents living with well-controlled diabetes experience psychological well-being?	Elmari Deacon; Esmé van Rensburg; Deborah Jonker; Bea Mulder
Diabetes management behaviours and meaning-making: The young adult's sense making process of living with type 1 diabetes	Marietjie Willemse; Elmari Deacon; David Segal
Meaning in life experienced by mothers of children living with well-controlled diabetes	Christiaan Bekker; Elmari Deacon; David Segal

PARALLEL SESSION (Paper presentation session: Context of work and helping) E8 G34

10h00 – 11h15	Chair: Marissa de Klerk	
	A framework and measure for assessing positive coping behaviour in the South African work context	Melinde Coetzee; Anta Marx; Ingrid L. Potgieter
	Exploring job demands and job resources of hearing-impaired employees in South Africa	Strauss Chelius; Bouwer Jonker; Marissa De Klerk
	Relationship between supervisory working alliance and psychological well being among counsellors in Nairobi county;	Florence A. Ochanda; Joice Njeru
	Exploring supervisors' perspectives on clinical supervision practices that enhance trainee counsellors' wellness during internship: A case of Uganda	Jane Namusoke

MOVE BETWEEN VENUES

PARALLEL SESSION (Invited round-table discussion) Auditorium

11h30 – 12h45	Towards an Africa(n) centred Positive Psychology: What may the future look like?	Convener: Angelina Fadji
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PARALLEL SESSION: Light Lunch & Poster Session (authors of posters to be present at posters) Auditorium Foyer

PARALLEL SESSION: Invited In-conference Workshop E9 Transnet

11h30 – 12h45	Chair: Ian Rothmann	
	Large-scale surveys on wellbeing: Pupils' biggest megaphone ever?	Hans Henrik Knoop

MOVE BETWEEN VENUES

PLENARY SESSION (Keynote Address) Auditorium

13h15 – 13h50	Chair: Tharina Guse	
	Exploring culture and well-being in Africa: Early considerations and future recommendations	Itumeleng P. Khumalo

13h50 – 14h00	Closing Ceremony	Auditorium
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14h00	Departure	Auditorium Foyer
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POSTER PRESENTATIONS

Poster title **Presenter**

Theme 1: Health and helping

1. Executive functioning as a predictor of positive affect	Pieter Basson
2. Strategies to empower multicultural rural women in PMTCT programmes in Zimbabwe: a community psychology approach	Rosemary Chigevenga
3. Rural 'black' people and psychotherapy: An exploratory study towards Positive Psychology in mainstream psychology	Thobeka Mthembu; Sandiso Bazana
4. Enhancing wellness of younger orphans and vulnerable children affected by HIV/AIDS in urban settings	Linnet Imbosa Muhati-Nyakundi
5. Positive and negative impact of children with Autism Spectrum Disorder on the family	Liezel Schlebusch; Shakila Dada
6. Ethical obligations that arise from the effects of cultural/religious practices and beliefs on the well-being of children with Autism Spectrum Disorder	Ayanda Purity Simelane
7. Construction of an alternative story based on Keirse's preferred theory: A narrative approach	Marie Ubbink

Theme 2: School and work context

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| 8. Educators' experiences of the social functioning of learners in middle childhood | Soretha Beets; Izanette van Schalkwyk |
| 9. Making a case for girls well being: The impact of strength based learning in a Kenyan primary school | Meghan Gowan; Clair Fialkov |
| 10. The sources of work stress and coping resources for high school teachers in the Gauteng province within different career stages | Michelle Hopkins; Rebecca Tladinyane; Adriaan Viviers |
| 11. Enhancing work engagement of teachers through organisational commitment, organisational justice and psychological conditions in Namibia | Wesley Pieters; Nadia Auanga |
| 12. Hope for the future and literacy achievement in a sample of impoverished South African primary school children: A positive psychology perspective | Jace Pillay |
| 13. Applying the Job Demands-Resources theory among teachers | Nicola Vermooten; Johan Malan; Billy Boonzaier |
| 14. Academic resilience: A systematic review of protective factors for undergraduate students in higher education | Tasleem Hassim; Karlien Smith; Marié P. Wissing |

Theme 3: Socio-ecological context

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| 15. What is African about African Psychology | Henry. T Chahwanda |
| 16. Relational well-being and levels of psycho-social well-being: An exploratory study | Marianne Gericke; Marié P. Wissing; Lusilda Schutte |
| 17. Increased well-being in the aftermath of trauma: The mediating role of hope | Mildred Godji; Wilmien Human; Tharina Guse |
| 18. Exploring the transition from school to university: Meaning-making and psychological well-being | Henry Mason |
| 19. Predictors of resilience | Annerine Roos; Bavanisha Vythilingum; Dan J Stein |

Theme 4: Music

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| 20. Collective learning through Dalcroze-inspired activities: Two choirs as communities of musical practices | Melindie Pretorius; Liesel van der Merwe |
| 21. Exploring flow experiences of ensemble performers with Dalcroze Eurhythmics: An interpretative phenomenological analysis | Catrien Wentink |

Theme 5: Measurement

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| 22. Validation of the Warwick-Edinburgh Mental Well-being Scale in a South African adult group | Salome Smith; Lusilda Schutte; Marié P. Wissing; Amanda Cromhout |
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