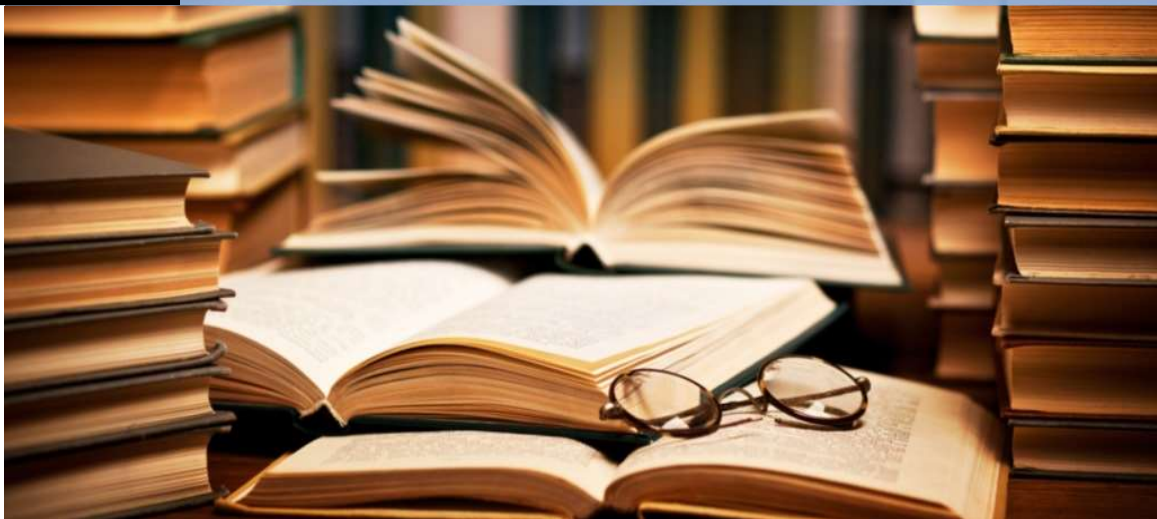


2024

**SEMMELWEIS UNIVERSITY INSTITUTE OF MENTAL HEALTH  
RESEARCH STUDIES IN PROGRESS AND FUTURE PLANS**



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**Research in progress**

**BURDEN OF FAMILY CARERS OF ELDERLY RELATIVES DURING COVID-19 (2020 - )**

**Principal investigator:** Anett Mária Leleszi-Tróbert

**Aim:** to continue the PhD research of Anett M. Leleszi-Tróbert, the aim is to further investigate the results obtained so far, with a special focus on the challenges and impacts of the epidemic situation.

In spring 2020, the challenges of family caregiver burden related to the epidemic situation were investigated with an online questionnaire on a large sample (N=1004). Data processing is ongoing.

In the next phase of the research, a deeper investigation of family caregiver burden with a labour market focus is planned on a national sample.

**Research team:** Anett Mária Leleszi-Tróbert, Márton Bagyura, Zsuzsa Széman

**Research group:** Research Group on Ageing

**CHALLENGES FOR FAMILY CARERS OF OLDER PEOPLE WITH DEMENTIA IN COVID-19 (2020-)**

**Principal investigator:** Zsuzsa Széman

**Aim:** To compare internationally, in two different welfare care systems (Italian-Hungarian), the challenges, support resources, changes in health and mental health status, and measures of concern of family members caring for older people with dementia before and during the first wave of the pandemic.

**Research team:** Árpád Kostyál, Zsuzsa Széman, Cristina Gagliardi, Giovanni Lamura, Sabrina Quattrini, Marco Socci, Paolo Fabbietti, Virág Almási

**Research group:** Ageing Research Group

**Additional aims:** to further investigate the problems and impacts identified in the quantitative study (e.g. care shortage, border closures, caregiver-worker migration), a qualitative study will be conducted (focus groups). Themes to be investigated: 1. impact of closures on caregiver-worker migration, 2. impact of COVID-19 on caregiver, support worker shortages.

**Research team:** Árpád Kostyál, Zsuzsa Széman, the Italian research team

**Research group:** Ageing Research Group

**EDUCAGE - DEVELOPING DIGITAL COMPETENCIES FOR CARERS OF OLDER PEOPLE TOWARDS A HEALTHIER OLD AGE**

**Principal investigator:** Institute of Mental Health - Zsuzsa Széman, Department of Surgical Surgery - Krisztina Juhos

**Aim:** The project is supported by the Erasmus+ programme of the European Union.

For informal carers over 65 years of age, a 32.5-hour curriculum will be developed, which will contribute to reducing the burden on the target group and will be available in online and face-to-face formats.

**Participants:** Zsuzsa Széman

**Research Group:** Ageing Research Group

**PREVENTING BURNOUT AND KEEPING FAMILY CARERS IN THE LABOUR MARKET DURING PANDEMIC AND POST-PANDEMIC (2022-2024)**

**Principal investigator:** Leleszi-Tróbert Anett Mária

**Sponsor:** Hungarian Academy of Sciences, Post-COVID Research Grant

**Objectives:** 1. to examine, based on our earlier research, the relation between the burden of family carers imposed by care and professional, workplace performance, with special regard to new challenges arising in connection with Covid-19. 2. Analysis of the participation of family carers in the labour market.

**Research team:** Anett Mária Leleszi-Tróbert, Márton Bagyura, Zsuzsa Széman

**Research Group:** Research Group on Ageing

## Research planned

### VALIDATION OF THE OLDENBURG BURNOUT INVENTORY QUESTIONNAIRE ON A HUNGARIAN SAMPLE (2024)

**Principal investigator:** Leleszi-Tróbert Anett Mária

**Aim:** In Hungary, partial validation of this questionnaire has been done (Ádám et al., Leleszi-Tróbert - Bagyura). The aim of our research is the complete psychometric validation of the Oldenburg Burnout Inventory, adapted by us in 2015, which has been missing so far, on a large sample.

**Research team:** Anett Mária Leleszi-Tróbert, Márton Bagyura, Ildikó Danis

**Research Group:** Research Group on Ageing

## EARLY CHILDHOOD RESEARCH GROUP - COORDINATOR: ILDIKÓ DANIS

### RESEARCH ON PERINATAL TOPICS (VERONIKA BÓNÉ)

#### Research in progress

#### INFANT FEEDING ATTITUDES AND OTHER FACTORS INFLUENCING DURATION OF BREASTFEEDING

**Principal investigator:** Renáta W. Ungváry

**Aim:** We translated, researched and published the psychometric properties of the worldwide used Iowa Infant Feeding Attitude Scale, and suggested shorter versions of the scale. The validation of the shorter Hungarian version of IFAS has been conducted on a representative sample of mothers as part of the Infancy in the 21st century Hungary project. We are looking for correlations between feeding attitudes and other characteristic details of everyday life with infants and young children, such as pacifier use, sleeping habits, duration of breastfeeding, introduction of solids or formula.

**Research team:** Renáta W. Ungváry, Veronika Bóné, András Ittész, Ildikó Danis

**Research group:** Early Childhood Research Group / Research on Perinatal Topics

#### THE IMPACT OF NGOS AND FAMILY POLICY INCENTIVES ON CHILDBEARING

**Principal investigator:** Veronika Bóné

**Aim:** Impact assessment of the activities of NGOs, in particular the Home Start Foundation Hungary, on childbearing and general well-being. The research includes follow-up of volunteers and current or former beneficiaries. Research undertaken in partnership with the Home Start Foundation.

**Research team:** Beáta Dávid, Veronika Bóné, Réka Hegedűs

**Research group:** Early Childhood Research Group / Research on Perinatal Topics

### RESEARCH ON EARLY CHILDHOOD DEVELOPMENT AND MENTAL HEALTH (ILDIKÓ DANIS)

#### Research in progress

#### INFANCY IN 21<sup>ST</sup> CENTURY HUNGARY

**Principal investigator:** Ildikó Danis

**Aim:** A questionnaire survey of parents with children under 3 years of age (n=980 mothers, n=122 fathers) was conducted in a national representative sample in the winter of 2019-2020, in the framework of a university EFOP 3.4.3 project. Themes: assessment of parenting and early childhood mental health, parenting practices and related individual, family and wider environmental influences; measurement and standardisation of new adapted measures, presentation of natural variance and clinically relevant risk segments of measured constructs, testing of correlation models, etc. The database is available to the research network from summer 2020, with ongoing analysis and publications coordinated through our Research and Publication Policy.

**Research network:** SE MHI: Ildikó Danis, Bea Dávid, Tünde Szabó, Attila Pilinszki, Réka Hegedűs, Bernadett Asztalos, Veronika Bóné, Zsuzsa Jáki, Zsuzsanna Ládonyi, Szabolcs Török, Réka Koren, Renáta W. Ungváry, Kinga Dupont, Anna Gyetvai; MTA: Judit Gervai, Ildikó Tóth, Krisztina Lakatos; ELTE: Beáta Prónay, Adrienn Rigó, Gabriella Márki, SZTE: Viola Sallay, Tamás Martos; ISZCSK: Ildikó Góczán-Szabó, Mária Alkonyi, Mónika Siba, Réka Veréb-Németh, Andrea Vörös, Zsuzsanna Horváth, Judit Stadler, Katalin Schneider, Krisztina Koczka, stb.

**Research group:** Early Childhood Research Group / Research on Early Childhood Development and Mental Health

#### WELL-BEING OF YOUNG CHILDREN AND PARENTS IN TIMES OF STRESS - INFANCY IN 21<sup>ST</sup> CENTURY HUNGARY 2.0.

**Principal investigator:** Danis Ildikó

**Aim:** Measurement of the period and cohort effects (COVID-19, geopolitical and economic crisis) on parenting, parental well-being, and early childhood development and mental health was carried out in the winter of 2023-2024 with a nationally representative sample, with a replication of the 2019-2020 survey (see

above), supported by the university STIA grant. Comparative analyses of the two research waves will be carried out during 2024-2025. A synthesis volume and a conference day are planned for early 2025.

**Research network:** see above

**Research group:** Early Childhood Research Group / Research on Early Childhood Development and Mental Health

## Planned research

### ADAPTATION OF INTERNATIONAL MEASUREMENT TOOLS

**Principal investigator:** Ildikó Danis

**Aim:** Hungarian adaptation and psychometric work on questionnaires, tests etc. widely used abroad in the field of parenting, early childhood development and mental health

**Research team:** Ildikó Danis, and colleagues from several national research groups

**Research group:** Early Childhood Research Group / Research on Early Childhood Development and Mental Health

**Research in progress**

**RESEARCH ON THE EFFICACY OF EMOTIONALLY FOCUSED COUPLES THERAPY (EFT) TRAINING IN HUNGARY: HOW PARTICIPATING PROFESSIONALS CHANGE BOTH PROFESSIONALLY AND PERSONALLY**

**Principal investigator:** Szabolcs J. Török

**Aim:** To investigate the impact of EFT training on the participating professionals' own emotion processing, attachment characteristics, relationship beliefs, and changes in their perceived EFT-related knowledge and competence. The research includes psychometric analysis of the Hungarian version of the EFT-KACS (EFT Knowledge and Competence Scale) and how to effectively help Hungarian professionals to achieve the certified EFT therapist credential. Réka Koren has been awarded a Fulbright Research Fellowship for the academic year 2024-2025 to conduct research at Alliant International University, California (host professor: Scott R. Woolley).

**Research team:** Szabolcs Török, Zsuzsa Somsák, Réka Koren, Ildikó Danis, Scott Woolley (USA).

**Research group:** Close Relations Research Group / Research on Couple and Family Relationships

**LONGITUDINAL RESEARCH ON THE EFFICIENCY OF STRUCTURED, PSYCHOEDUCATIONAL, PREVENTIVE RELATIONSHIP ENRICHMENT PROGRAMS**

**Principal investigator:** Szabolcs J. Török

**Aim:** The aim of the research is to investigate how the Hold Me Tight program (a structured, 8-session long, psychoeducational program based on the adult attachment-focused approach of Emotionally Focused Couples Therapy) produces measurable changes in the quality of relationships. The question will be examined in comparison with other marriage enrichment programs with similar objectives, such as the programs of the Kétigen Foundation. Both programs have shown encouraging results from pilot studies and previous international research. One of the specific target groups are patients with heart disease and their partners ("Healing Hearts Together" program). On data collection our team collaborate with the Heart and Vascular Center at Semmelweis University, Budapest.

**Research team:** Szabolcs Török, Zsuzsanna Somsák, Ildikó Danis, Örs Kigyóssy, Andrea Kigyóssy-Bozsó, Borka Börzsei, Noémi Gyenis-Kátay, Alexandra Assabiny, Lilla Tusor, Zsófia Ocsovszky, Piroska Balog.

**Research group:** Close Relations Research Group / Research on Couple and Family Relationships

**OUTCOME EFFECTIVENESS AND IMPACT STUDIES OF THE THERAPEUTIC RECREATION PROGRAMS AT BÁTOR TÁBOR CAMPS AND OUTREACH PROGRAMS ON THE WELL-BEING OF SERIOUSLY ILL CHILDREN AND THEIR FAMILIES AND PARTICIPATING VOLUNTEERS. RESEARCH OF THE IMPACT OF THE CAMP PROGRAM ON VOLUNTEERS**

**Principal investigator:** Zsuzsanna Katalin Papp

**Aim:** The research aims to examine the effectiveness of therapeutic recreational children's and family camps and so-called "outreach" programs at school and hospital locations. The research focuses on the quality of life and other psychosocial variables (e.g. perceived self-efficacy, resilience, family functioning, life skills, illness acceptance, peer relationships, and emotion regulation) of children and families participating in therapeutic recreational camps and programs organized by the Bátor Tábó Foundation. Its target group includes children living with cancer, diabetes, juvenile idiopathic arthritis, inflammatory bowel disease, their siblings, their families, and the communities of these children. Our current research is an impact assessment of the Bátor Tábó school program. In our planned research, on the one hand, we would examine the positive psychological factors linked to the camp experiences of the volunteers participating in the camp (motivation, perceived mattering). On the other hand, we want to conduct a health-economic analysis of the programs in interdisciplinary and international cooperation.

**Research Team:** Zsuzsanna Papp, Szabolcs Török, Ildikó Danis, Borbála Gácsig-Somogyi, Cait Willson (USA), Gyöngyi Kökönyei (ELTE, SE), Dalma Hosszú (SeriousFun Childrens's Network), Ann Gillard (USA).

**Research Group:** Close Relations Research Group / Research on Couple and Family Relationships



## **VALIDATION OF THE HUNGARIAN VERSION OF THE EXPERIENCES IN CLOSE RELATIONSHIPS QUESTIONNAIRE ON A NATIONAL REPRESENTATIVE SAMPLE OF ADULTS (2018) AND MOTHERS WITH YOUNG CHILDREN (2019)**

**Principal investigators:** Szabolcs J. Török, Ildikó Danis

**Aim:** Our first aim is to validate the Experiences in Close Relationships - Revised version questionnaire (ECR-R; Fraley, Waller, and Brennan, 2000) in Hungarian by using data from a representative sample of the adult population. This research was funded by the EFOP 5.2.5. grant. Our second aim is to develop a shortened version of the ECR-R questionnaire in Hungarian and to publish its psychometric properties. The research will also examine the indicators of mothers with young children and their partners, couples participating in relationship-enriching prevention programmes and professionals in couple therapy training, in comparison with national normative data.

**Research team:** Szabolcs Török, Judit Gervai, Ildikó Tóth, Ildikó Danis, Kinga Dupont, Zsuzsa Somsák, Réka Koren

**Research Group:** Close Relations Research Group / Research on Couple and Family Relationships

## **AN EVALUATION OF THE EFFECTIVENESS OF SYSTEMIC FAMILY THERAPY INTERVENTIONS IN DIFFERENT PATIENT GROUPS**

**Principal investigator:** Szabolcs J. Török

**Aim:** Our aim is to measure the effectiveness of systemic family therapy interventions in health care in a longitudinal multicentre study. Data collection is currently taking place in five centres, with five different target groups:

1. Heim Pál Childrens Hospital, Budapest, Adolescent Eating Disorder Unit and Outpatient Clinic. Target group: children and adolescents with eating disorders (anorexia, bulimia) and their families.
2. University of Debrecen, Oncology Center. Target group: families where one parent is being treated for advanced malignant cancer or is receiving palliative care because the disease is incurable
3. Bethesda Childrens Hospital, Budapest. Target group: children with autism and their siblings, parents.
4. University of Pécs, Department of Pediatrics. Target group: chronic somatic patients, people with somatoform symptoms, people with eating disorders and their families.
5. University of Szeged. Target group: children with diabetes and their families.

The following instruments will be used to measure the changes after the planned family therapy interventions: McMaster Family Assessment Device (FAD), WHO Well-Being Questionnaire (WBI-5), Perceived Stress Scale (PSS4), and Dyadic Coping Inventory (DCI).

**Research team:** Szabolcs Török, Noémi Gyenis-Kátay, Ildikó Danis, Balázs John and colleagues from collaborating clinics.

**Research Group:** Close Relations Research Group / Research on Couple and Family Relationships

## **VALIDATION OF THE HUNGARIAN VERSION OF THE FAMILY ASSESSMENT DEVICE QUESTIONNAIRE ON A NATIONAL REPRESENTATIVE SAMPLE OF ADULTS**

**Principal investigator:** Ildikó Danis

**Aim:** to validate the Family Assessment Device on family functioning in Hungary in a representative sample of adult population.

**Research team:** Ildikó Danis, Szabolcs Török, Judit Gervai, Tamás Kurimay

**Research group:** Close Relations Research Group / Research on Couple and Family Relationships

## **RESEARCH ON FRIENDSHIPS AND COMMUNITIES (FRUZZSINA ALBERT –BEÁTA DÁVID)**

### **Research in progress**

## **THE SOCIAL IMPACT OF THE COVID19 EPIDEMIC - WITH A SPECIAL FOCUS ON CLOSE RELATIONSHIPS**

**Principal investigator:** Albert Fruzzsina

**Aim:** Based on empirical data collected in several waves during the COVID-19 pandemic using both qualitative and quantitative methods, the research examines the relational effects of the crisis caused by the pandemic from the perspective of how our existing close relationships have been affected. In addition, we

pay particular attention to the causes and consequences of the homophily of contact networks in terms of inoculation.

**Research team:** Fruzsina Albert, Beáta Dávid, Zoltán Brys (PhD student)

**Research group:** Close Relations Research Group / Research on Friendships and Communities

### **FRIENDSHIPS IN HUNGARY**

**Responsible for the topic:** Fruzsina Albert

**Aim:** The main ambition of the planned research is to further analyse the quantitative and qualitative data collected in different surveys on this topic. We also aim to produce an updated English edition of the friendship monograph published in Hungarian in 2007.

**Research team:** Albert Fruzsina, Dávid Beáta

**Research group:** Close Relations Research Group / Research on Friendships and Communities

### **UNIVERSITY STUDENTS MATTER! - UNIMATTER RESEARCH**

**Principal investigator:** Fruzsina Albert

**Aim:** The aim of the research is to assess the “perceived mattering” of university students. During the research, we apply and adapt the psychological construct "perceived mattering" into Hungarian in cooperation with an international research group within the framework of an EUniWell research project. Perceived mattering in interpersonal relationships means the perception of being significant for a specific group of people, such as family, friends, or colleagues (Marshall, 2001; Rosenberg & McCullough, 1981). In the research, during quantitative and qualitative data collection, we examine the relationship between perceived mattering, self-esteem, well-being, and academic success. Part of the project is the development, implementation, and impact assessment of a short intervention that supports a sense of interpersonal mattering.

**Research team:** Bea Dávid, Fruzsina Albert, Zsuzsanna Papp, Ádám Orosz, Bernadette Asztalos, Gábor Semsey, Tímea Tésenyi, Zsuzsanna Jáki, Márton Járay, Eleonóra Mészáros, Mark Guirguis

**Research Group:** Close Relations Research Group / Research on Friendships and Communities

## **OTHER RESEARCH TOPICS**

### **Research in progress**

#### **THE TRANSGENERATIONAL EFFECTS OF THE RELATIONSHIP BETWEEN CHURCH NETWORK PERSONS AND COMMUNIST-SOCIALIST STATE SECURITY**

**Principal investigator:** Máté Joób

**Aim:** The research aims to explore the feelings of the direct descendants of secret church informants during the communist time towards their recruited family members and the settlement solutions they perceive and apply to consolidate their interpersonal relationship. In addition to the study of internal experiences, which focuses primarily on guilt and shame - their co-existence and separation - the research aims to explore individual and communal (especially within the family) coping strategies, so that they can help to shape and offer more sensitive modes of reconciliation to the church community, which is at once a participant, a suffering subject and a bearer of the events of the past. Because of this complexity, perhaps an interdisciplinary approach can also show results that can be useful for society as a whole. The source material for this research consists of interviews with family members of the recruited church informants. The source material will be processed using the Grounded Theory method.

**Research team:** Máté Joób

**Research Group:** Close Relations Research Group / Other Research Topics

### **Planned research**

#### **FORGIVENESS AS A PRO-SOCIAL COPING METHOD**

**Principal investigator:** Máté Joób

**Aim:** The research aims to explore how religious people in church communities perceive forgiveness as a pro-social coping method. Further questions will be focused on: What is the impact of the transcendent experience of forgiveness on the resolution of interpersonal relationships? Is religious belief more conducive to emotional or volitional forgiveness? In recent years, empirical studies on the topic of forgiveness have been conducted in Hungary (Szondy 2007, Papp 2014), but so far no empirical research has been conducted at the interface of psychology and theology, only review studies (Tomcsányi 2002; Horváth-Szabó 2007). In this planned research we would like to attempt to approach the topic in a theological and psychological way, using empirical research methods. We plan to conduct semi-structured interviews and to use a scale (Forgiveness Scale, Rye et al., 2001).

**Research team:** Máté Joób

**Research Group:** Close Relations Research Group / Other Research Topics

## **Research in progress**

### **HELPING MIRROR – RESEARCH ON WELLBEING OF HELPING PROFESSIONALS**

**Principal investigator:** Attila Pilinszki

**Aim:** Through our research, we can gain important insights for the social, health, education and faith sectors about the individual, family and community well-being of many helping professionals, which may be key to finding innovative solutions to work tasks and challenges, maintaining professional motivation, and encouraging perseverance and preventing burnout. The results can help develop a supportive strategy to prepare for similar situations in the near or distant future.

Participants.

Joining: join by arrangement with the research team

**Research team:** Gábor Török, Attila Pilinszki, Bernadett Asztalos, Tímea Tésenyi, Máté Joób, Szilvia Süki-Szijjártó, Júlia Kosztka, Eleonóra Mészáros

Timeline: 2024 - research design, data collection; 2025 - analysis, study writing

**Research Group:** Helping Relationships and Services Research Group

### **RESEARCH ON THE SOCIAL SUPPORT AND SPIRITUAL HEALTH OF PASTORS IN HUNGARY**

**Principal investigator:** Márton Járny

**Aim:** In 2023, a quantitative questionnaire survey was conducted among the pastors of the Reformed Church in Hungary. An earlier version of this survey was run among Lutheran pastors in 2022. A further aim is to conduct focus group interviews to further analyse and understand the big data. We plan to include Catholic clergy and extend the research in 2024-2025. The questionnaire for this is being developed based on our experience so far.

**Research team:** Márton Járny, Fruzsina Albert, Gergely Tóth

**Research Group:** Helping Relationships and Services Research Group

### **OUTCOME STUDIES OF COUNSELING RELATIONSHIPS AND MONODRAMA TECHNIQUES**

**Principal investigators:** Zsuzsanna Jáki, Gábor Török

**Aim:** Effectiveness evaluation of the service available for clients attending the Antropos Mental Health Care Centre (counseling, pastoral counseling), without control group design. The aim of our research is to assess and gain a more accurate picture of the measurable changes in the psychological and, in the case of pastoral counseling, spiritual well-being of clients who participate in the Antropos Centre's counseling services. A further aim is to investigate the impact of using psychodrama techniques, compare the outcomes of counseling relationship using those techniques with those who do not use them, in order to find out what added value is brought by the use of non-verbal techniques. The research will be carried out in collaboration with professionals working at ELTE Student Counseling Centre. The research will include the Hungarian adaptation of several questionnaires. An article on the adaptation of the OQ 45.2 has been submitted for publication and is under review, and we plan to publish results on the adaptation of the TSOS in 2024. In 2023, data collection was completed. The task for 2024 is data cleaning and analysis. When publishing the results, we also plan to carry out a comparative analysis with the results of the ELTE Student Counseling Centre.

**Research team:** Gábor Török, Zsuzsanna Jáki, Veronika Bóné, Bernadett Asztalos

**Research Group:** Helping Relationships and Services Research Group

## **Planned research**

### **COOPERATION BETWEEN SPIRITUAL DIRECTORS, PASTORAL COUNSELORS AND PSYCHOTHERAPISTS**

**Principal investigator:** Zsuzsanna Jáki

**Aim:** As part of my doctoral dissertation, we collected, through interviews with psychotherapists, collaborative experiences and guidelines for collaboration between pastoral counselors, spiritual directors and psychotherapists. The results (code tree) present a systematic overview of the forms of collaboration that

occur and/or are possible between the professionals, as well as a systematic description of the positive and negative collaborative experiences associated with them, with reference to possible background factors. A next step, which could help actual cooperation in practice, would be to develop concrete guidelines and suggested forms of cooperation, based on the collaboration experiences identified. This could be done in a focus group research design, involving pastoral counselors, spiritual directors and psychotherapists. The involvement of an international forum could increase the validity and applicability. Finally I did not initiate a focus group research, I focused on gathering information from the literature, and a study was published in *Embertárs* (2023/3, pp. 274-290.), to make it accessible to helping professionals and to translate the knowledge gathered in this field into practical application.

**Research Group:** Helping Relationships and Services Research Group

### **Research in progress**

#### **SELF-COMPASSION RESEARCH**

**Principal investigator:** Bernadett Asztalos

**Aim:** It is essential for helping professionals to be able to maintain high standards in their work over the long term, to cultivate self-awareness, to develop reflective skills and to reflect self-care in their attitude towards themselves. We have tried to develop these in the structure of our training courses (mental health, pastoral care and social work Ma training) through our subjects. It is hoped that the increase in self-care skills in our graduates will be quantified by SCS-H indicators, which would mean that what we can offer our students will give them greater protection against burnout. In our research, we will examine the relationship between several measures.

**Research team:** Bernadett Asztalos, Veronika Bóné, Gábor Semsey, Timea Tésenyi, Zsuzsanna Ládonyi.  
**Research Group:** Research Group on Educational Effectiveness and Methodology

### **Planned research**

#### **BURNOUT PREVENTION IMPACT OF TRAINING COURSES**

**Principal investigator:** Timea Tésenyi

**Aim:** Burnout prevention has been given a prominent place in the professional objectives and content focus of the Mental Health and Pastoral Care Training Courses at the SE Institute of Mental Health. To the best of my knowledge, no research has yet been carried out in our institute that specifically examines the burnout prevention impact of a training course. A good basis for this analysis is provided by the growing body of knowledge and literature that has been collected and produced by our staff in the last two years, in the form of lectures, workshops and publications.

The objective of this research is to assess the extent to which our two selected training courses reduce the risk of burnout and what training methods and tools are currently proving to be the most effective in this respect.

**Research team:** Bernadett Asztalos, Márton Járny, Gábor Semsey, Gábor Török

**Research group:** Research Group on Educational Effectiveness and Methods