

ENGLISH ABSTRACTS ENGLISCHE ZUSAMMENFASSUNGEN

ABSTRACTS

KATALIN VARGA, CSABA DIÓSZEGHY & GÁBOR FRITÚZ (p.137)

Suggestive Communication with the Ventilated Patient: Mechanical ventilation (MV) is a life saving method usually applied in the Intensive Care Units (ICU) for patients in a critical condition. Today it is more and more obvious that patients treated in the ICU require not only intensive physical (medical) care, but also intensive psychological support in order to avoid severe stress and to cope with the situation. They need help to understand the aim and helpfulness of the treatment, and information about the peculiar or frightening aspects of the situation, in order to promote positive processing. In this paper we summarise an approach, called psychological support based on positive suggestions (PSBPS), where patients on MV were supported with suggestions based on the principles of hypnotic communication. We present the foci of the phases of (1) initiation, (2) maintenance and (3) weaning off from MV from a psychological point of view, along with some verbatim suggestions we used with patients during these three completely different phases of MV. The main results of a randomised prospective study testing the effectiveness of PSBPS are presented briefly.

Keywords: suggestion, communication, intensive care, mechanical ventilation, altered state of consciousness, positivity, informing patients

ADRIENN K. SZILÁGYI, CSABA DIÓSZEGHY, LILLA BENCZÚR & KATALIN VARGA (p.149)

Effectiveness of Psychological Support Based on Positive Suggestion with the Ventilated Patient: The purpose of intensive care is recovery from the critical state with the best possible quality of life. Lengthy therapy with its physical and psychological complications and iatrogen effect may spoil the expected outcome. The positive effect of the psychological support of the patient that can be proven empirically has been applied and examined in the present study. In the present prospective, randomised, controlled study the patients – mechanically ventilated for more than 48 hours – of two intensive care units of Budapest have been examined. In the study they were given psychological support based on positive suggestions (PSBPS) using their susceptibility induced by the situation, complementing their somatic treatment. Altogether 60 persons have been examined (27 in the control, 33 in the suggestion group). The result showed a statistically significant 2.5 day shorter ventilation period ($p < 0.04$). The length of stay (LOS) in the intensive care unit (ICU) was also reduced by 4 days in the group who received suggestions. If the patient was treated by the same psychologist during at least 50% of the ICU stay, both parameters were reduced by 3.5 days at a significance level of $p < 0.01$. In the case of those patients with the same psychologist who died during the study, it was mainly their age

and state that contributed to their death. Their dying was 4.5 days shorter or they left the ICU sooner than the control group members, in whose case lengthy ventilation was typical.

Keywords: intensive care unit, quality of life, outcome, length of stay, length of mechanical ventilation, mortality, suggestive communication, psychological support, basic needs, post traumatic stress disorder, post traumatic growth

BETTINA PIKÓ & LÁSZLÓ BRASSAI (p.171)

Values and Health-Related Behaviour: A Comparison of Youth in Hungary and Transylvania: A number of factors have been investigated as important determinants of adolescent health-related behaviour among which values occupy a special place. A growing number of studies of adolescents' health-related behaviours include cultural factors. The main goal of the present study was to investigate how a set of values preferred by youth influence their health-related behaviours using a cross-cultural study design of samples of youth from Szeged, Hungary ($N = 160$), and Târgu Mureş (Marosvásárhely), Transylvania, Rumania ($N = 124$). Data were collected using a self-administered questionnaire. The following values were investigated: filial piety, familism, machismo, collectivism and fatalism. In addition, four health-related behaviours were measured: smoking, alcohol use, marijuana use and sports activity. Irrespective of culture, female students tend to prefer filial piety, collectivism, whereas male students reported higher scores on machismo. Male students in Hungary tend to report higher levels of marijuana use, whereas males from the Transylvanian sample report a higher engagement in sports activity. Alcohol use is more common among males in both samples. Some important cultural differences in the relationship between values and health-related behaviours may also be detected. Among youth in Hungary, fatalism is related to higher levels of substance use. Machismo, on the other hand, plays a role in higher levels of sports activity in the Transylvanian sample. Finally, preferring social values, such as filial piety, familism and collectivism, may be associated with lower levels of substance use or higher levels of sports activity, that is, a more favourable health behaviour pattern in both samples.

Keywords: cross-cultural research, youth, substance use, health behaviours, values

ATTILA VANDRA (p.183)

The Influence of Psychological Games on Mental Health in Education: The percentage of those who have mental health problems is much higher in the group of people who chose supporting occupations (*teachers*, psychologists, etc.), than in the whole society. Teachers need personal development as psychotherapists do. In Rumania the realisation of such a project would involve many difficulties. Because of a misbelief (education is unidirectional) there is an expectation, indeed a very strong one, that teachers adopt the role of the Rescuer, somebody who tries to solve other people's problems, even if the other refuses help. Experimental data confirm the tendency of teachers to adopt the role of the Rescuer. Adopting this role can have two negative consequences. 1) It negatively affects the maturation process of the child and 2) it becomes a source of psychological games in which participants make efforts both to suffer and to make others suffer. For prevention, an education for maturation is necessary, which is pos-

sible only in assertive conflict solving and in OK–OK life positions. Different psychological schools are analysed. This life position is adopted by humanist psychology and by transactional analysis. The promotion of humanistic psychology or transactional analysis-based pedagogy in Rumania can be helpful, but is not the only solution and is not *the* solution. The problem is that humanistic Gordon pedagogy is unknown, and there are no certified transactional analysis trainers in Rumania today.

Keywords: mental health, school, transactional analysis, psychology, Gordon pedagogy, games, education, maturation, assertive, prevention, Rumania

ARIEL MITEV (p. 205)

A Narrative Analysis of University Students' Alcohol Stories in Terms of a Fryeian Framework: If the marketing profession is outstanding at relying on or creating new myths in order to attain commercial goals then the question follows whether myths could also be used for social marketing campaigns. The aim of this article is to introduce what alcohol consumption means for today's university students and what their related stories are like. We argue that the motifs found in authentic texts can be used when designing and implementing social marketing actions. Consequently, the present research primarily draws on narrative analysis. 146 alcohol consumption stories and 134 alcohol advertisement narratives were analysed. The article presents a structural analysis of students' alcohol consumption stories, using Northrop Frye's taxonomy of mythoi to assign consumer narratives to four categories: comedy, romance, tragedy, and irony. Although we are in possession of a large amount of knowledge about how science and logical thinking works, we know little about how to construct good stories. In this article a didactic introduction of Frye's system will follow, whilst we will continue to look for 'good' stories. This study aims to provide the reader with a structured tool inventory (charts, stories), from which one will be free to choose, but at the same time one should take care to retain one's own creativity and produce credible stories.

Keywords: alcohol consumption of students, narrative analysis, myth, social marketing, advertising, comedy, romance, tragedy, irony