

Seminar IRH-ICUB

Consciousness and Cognition: An Interdisciplinary Approach

<https://irhunibuc.wordpress.com/2016/04/05/new-seminar-consciousness-in-philosophy-and-neuroscience/>

convenor Dr. Diana Stanciu

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Date: Tuesday, 2 July 2019, 17h

Place: IRH-ICUB (1 D. Brandza Str.), conference room

Drd. Alexandra-Maria Mihăilă

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Alexandra-Maria Mihăilă is a psychologist currently preparing to obtain her Master's degree at the Health Psychology - Clinical Research and Behavioral Optimization unit of the Faculty of Psychology and Educational Sciences (FPES), University of Bucharest (UB). She is also a member of the Cognitive Clinical Sciences Laboratory from the FPES, UB. Her research interests include the effects of the work-family conflicts on mental health and the cognitive mechanisms underlying clinical disorders.

The implications of the work-family conflict on mental health

Work-family conflict (WFC) is a form of interrole conflict in which responsibilities from the work and family domains are incompatible. The conflict has two directions of manifestation: from work to family and from family to work. The latest research shows that WFC can have multiple implications on mental health such as: sleep disorders, smoking, alcohol consumption, depression, unhealthy food consumption. During the seminar I will especially focus on: the characteristics of work-family conflict, the psychological problems associated with this and the types of intervention on it.