



ASPA-26

International Scientific Conference

Advancing Standards in Psychological Assessment:
Research and Practice in Albania



24 June 2026



Shkodër, Albania

AGENDA

Department of Psychology and Social Work
Faculty of Educational Sciences
University of Shkodër "Luigi Gurakuqi"

OPENING SESSION - RECTORATE BUILDING, ROOM A3

9.00 – 9.30	PARTICIPANTS REGISTRATION – Hall of Rectorate
9.30 – 10.10	<p>WELCOME SPEECHES</p> <p>Dr. Elona Hasmuaj, Head of Psychology and Social Work Department, University of Shkoder “Luigj Gurakuqi”.</p> <p>Prof. Dr. Blerta Dragusha, Rector of the University of Shkoder “Luigj Gurakuqi”.</p> <p>Prof. Dr. Drita Kruja, Rector of the European University of Tirana, Albania.</p> <p>Mrs. Daniel Pirushi, General Director of Agency for Scientific Research and Innovation (NASRI), Albania.</p> <p>Dr. Valbona Treska, President, Order of Psychologists of Albania.</p> <p>Assoc. Prof. Dr. Visar Dizdari, Coordinator of the Project, University of Shkoder “Luigj Gurakuqi”.</p> <p>INTERNATIONAL GUEST SPEAKERS</p> <p>Prof. Dr. Christophe Leys, Université Libre de Bruxelles, Belgium.</p> <p>Prof. Ord. Carmelo Maria Porto, University of Messina, Italy.</p>

PLENARY SESSION - RECTORATE BUILDING, ROOM A3

10.10 – 11.00	<p><i>PSYCHOLOGICAL ASSESSMENT TOOLS IN ALBANIA. CHALLENGES, GAPS AND PERSPECTIVES FOR EVIDENCE-BASED PRACTICE</i></p> <p>Moderator: Assoc. Prof. Dr. Visar Dizdari</p>
	<ol style="list-style-type: none"> 1. From research to practice. A strategic framework for the standardization and empowerment of psychological assessment instruments in Albania Dr. Jonida Lesh 2. Attitudes towards psychological assessment in Albania and analysis of the psychometric properties of the EQTAP scale Dr. Elona Hasmuaj, Dr. Galsvinda Biba 3. The experiences, needs, and perspectives of professionals. A qualitative exploration of evidence-based practice Prof. Dr. Erika Melonashi, PhD(c). Rovena Kushta 4. Towards a shared agenda. Institutional recommendations and next steps for universities and the psychology community Assoc. Prof. Dr. Fatbardha Osmanaga
11.00 -11.30	Coffee break

PARALLEL SESSIONS

11.30 – 13.30	PARALLEL SESSION 1 – University of Shkoder Library, Conference Room <i>ARTIFICIAL INTELLIGENCE AND DIGITAL PSYCHOLOGY (in presence)</i> Moderator: Assoc. Prof. Dr. Fatbardha Osmanaga, Dr. Elona Hasmuajaj, Assoc. Prof. Dr. Artemisi Shehu (Dono)
	<ol style="list-style-type: none">1. Validation of the AI Anxiety Scale: Psychometric Properties and Demographic Correlates Among Albanian University Students Elona Hasmuajaj2. eMental Health Literacy and Academic Performance: The Moderating Role of Digital Competencies in the Relationship between Learned Helplessness and Student Outcomes Artemisi Shehu (Dono), Elda Vladi3. Psychologists' Perceptions of Telepractice in Psychological Assessment: Ethical, Clinical, and Professional Challenges in Albania Jorida Rustemi4. Academic Anxiety and Emotion Regulation: Evidence from University Students Fatbardha Osmanaga5. Artificial Intelligence as an Assessment Tool in Psychology: A Systematic Review of the Academic Literature (2022–2026) Bujanë Topalli, Adelina Kakija, Arjeta Pelinku6. Digital Exposure and Psychological Well-Being: The Role of Self-Concept Clarity in Identity Stability among Young Adults in the Digital Age Elda Vladi, Gerald Brahimaj7. Anxiety in Adolescents and the Impacts of Technology and the Family Environment Estela Pemaj, Dejvida Pecaj, Xhuana Abazi8. Social Media, AI and Self-Diagnosis: Albanian Young Adults' Pathways to Psychological Labels Bruno Ferra9. Digital Mental Health and Artificial Intelligence: Opportunities, Challenges, and Future Directions Brunilda Laboviti, Greta Katreli, Bejlinda Mustafa, Elina Veizi10. Who Really Decides? AI, Human Judgment, and the Ethics of Performance Evaluation Jasmina Lumanaj11. Misinterpretation of Psychological Symptoms in Young People Through Self-diagnostication on Social Networks Erjona Berdica, Ersada Tukaj12. Psychological Evaluation in Art Education in the Age of Artificial Intelligence Qamil Gjyzezi13. Psychological Assessment of Technology Anxiety and Social Inequalities in Older Adults: Implications for Evidence-Based Practice in Urban Contexts Ortenca Kotherja, Buna Ukperaj14. Use of Digital Technology in Social Services Siljeta Bushataj

11.30 – 13.30 **PARALLEL SESSION 2 – University of Shkoder Library, 1st floor, Auditor “Vehbi Bala”**
PSYCHOLOGICAL ASSESSMENT AND VALIDATION (in presence)
Moderator: Assoc. Prof. Dr. Visar Dizdari, Dr. Jonida Lesha, Dr. Arlinda Ymeri Hallunovi

1. Psychological Assessment Governance in Transitional Contexts: Challenges for evidence based practice in Albania
Jonida Lesha
2. Beyond Translation: Cultural and Psychometric Challenges in Validating Psychological Instruments in the Albanian Context
Fatjona Haka, Arlinda Ymeri Hallunovi
3. Adaptation and Validation of the Interpersonal Jealousy Scale in Albania: Evidence from a Cross-Sectional Study
Arlinda Ymeri Hallunovi, Fatjona Haka
4. Preliminary Psychometric Validation of a Multi-Dimensional Instrument Assessing Academic Motivation, Perceived Meritocracy, and Migration Intentions in an Albanian Context
Shkelqim Osmani, Antigona Prohibaj, Oristela Bajraktari, Sara Guri
5. Multidimensional Scale of Perceived Social Support (MSPSS): psychometric properties of the Albanian version
Visar Dizdari, Admir Dahati
6. Assessing the internal consistency and construct validity of Relationship Assessment Scale (RAS), Albanian version
Visar Dizdari, Megi Grishaj
7. Psychometric Validation of the Meanings of Adolescent Masculinity Scale (Mams) in the Albanian Context
Arjet Pervizi
8. Assessing Psychological Distress And Social Media Use: Psychometric Evidence From The DASS-21 Among University Students
Migena Selcetaj, Elona Hasmujaj
9. Validation of the Personality Instrument Big Five Inventory in the Albanian Context Using Principal Component Analysis
Oriola Hamzallari, Blerina Xhakolli Reçi
10. Standardization and Cultural Adaptation of Psychological Assessment Tools in Albania
Erjona Abazaj, Redona Dudushi, Marsela Robo, Valbona Habili, Valmira Skëndi, Arblin Dafa
11. Efficiency Without Compromise: A Structured 45-Minute Biopsychosocial Assessment Model in Clinical Practice-A Pilot Study in Disability Care Settings
Suela Ndoja
12. Psychological Assessment Practices of Students with Disabilities in Mainstream Education: The Role of Assessment Commissions and the Challenges of Standardization – Evidence from the Shkodër Region
Suela Domnori, Nilda Bilani

11.30 – 13.30

PARALLEL SESSION 3 – Rectorate building, Room A3

CLINICAL PSYCHOLOGY AND WELL-BEING (hybrid)

Moderator: Prof. Christophe Leys, Prof. Carmelo Maria Porto, Dr. Galsvinda Biba

1. Randomized Controlled Study of a Self-Administered Self-Compassion. Training Program and Its Influence on Subjective Happiness
Louise Matheys, Ilios Kotsou, Thomas Leys, Rebecca Shankand, Christophe Leys
2. Organizational Climate for Recovery: A Qualitative Foundation for Developing Recovery-Supportive Workplace Measures
Ferdinando Toscano, Salvatore Zappalà, Simone Donati
3. Sustainability and Identity in Changing Contexts: A Psychological Perspective on Ecological Awareness
Simona Massimino, Carmelo Mario Vicario, Carmelo Maria Porto
4. Creating New Minds: Enhancing of Educational Values in the Context of Rapid Digital Transformation
Aigars Andersons, Maira Lescevic, Iris Shkelzen Berisha
5. Beyond Categories: Applying the HiTOP Framework to Psychological Assessment in Adolescents
Pines Nuku
6. Resilience and Social Support among Older Adults
Rovena Kushta, Erika Melonashi
7. Who carries the emotional burden? Gendered experiences of trauma and burnout among journalists in Albania
Inva Hasanaliaj, Irena Myzeqari
8. Gratitude, Happiness, and Psychological Well-Being: a Structural and Multidimensional Examination of Their Interrelations
Bujane Topalli, Fatjona Haka
9. From Automatic to Neutral Responses: BWRT as a Rapid Intervention for the Treatment of Aerophobia – a Case Study
Erudita Fshazi
10. Personal Narratives as a Qualitative Tool for Assessing Emotional Experiences in Preadolescence: A Case Study
Galsvinda Biba, Elona Hasmujaj

11.30 – 13.30

PARALLEL SESSION 4 – University of Shkoder Library, 2nd floor, Auditor of Periodical EDUCATION, DEVELOPMENT, AND INCLUSION (in presence)

Moderator: Dr. Lediana Xhakollari, Dr. Kilda Gusha, MSc. Elona Mustafaraj

1. Multidisciplinary Support and Teacher Preparedness in Inclusive Preschool Education: Evidence from Educators in Shkodra, Albania
Lediana Xhakollari
2. AL-VET-Quality for All. High Quality and Socially Inclusive VET in Albania
Eralda Zhilla
3. Parental Influence on Developing Resilience
Elona Mustafaraj, Fleura Shkëmbi, Lindita Durmishi
4. Early Detection and Support for Developmental Disabilities
Elisabeta Shehu (Kafia), Uarda Kavaja
5. The Impact of Urban and Rural Background on the Experience and Performance of University Students
Vasilika Papa, Mirjam Recj
6. The Impact of Social Comparison with Peers on the Self-Esteem of Students in Grades AMU
Xhulia Khanaj, Elisabeta Kafia
7. Eating behaviors in children with autism: A comparative analysis with the typical group
Kilda Gusha, Nineta Kalavaçi
8. Challenges Faced by Albanian Immigrant High School Students in the Pelham School District (New York)
Marilda Jance, Rebeka Nezaç
9. Public Stigma, Self-stigmatization, and the Role of Social Workers in the Recovery of Individuals with Substance Addiction in Albania
Elidjon Cami

11.30 – 13.30	SESSION 5 – University of Shkoder Library, 2nd floor, Auditor “Kolë Ashta” <i>FORENSIC, SOCIAL, AND CONTEMPORARY ISSUES (in presence)</i> Moderator: Assoc. Prof. Dr. Brilanda Lumanaj, Assoc. Prof. Dr. Migena Buka, Dr. Adelina Kakija
	<ol style="list-style-type: none"> 1. Master’s Students’ Perceptions of Ethical and Professional Dilemmas in Family Therapy Brilanda Lumanaj 2. Assessment and behavioural change in male perpetrators: Evidence from counselling programmes in Albania Fatjon Taipi 3. Psychopathy as a Predictor of Recidivism: A Systematic Review Denalda Bashota, Adelina Kakija 4. The Psychology of the Victim in Domestic Violence Offenses: The Importance of Psychological Assessment in Establishing Criminal Liability Entela Hasmuaj, Albulena Kuliç 5. The Role of Criminal Profiling in Investigating Albanian Organized Crime: Integrating Criminal Psychology into Investigative Practices Albulena Kuliç, Entela Hasmuaj 6. Use of Mmpi and Cpi Personality Inventories in Selecting Police Officers: A Perspective Review for Albania Alfred Nela 7. Mapping Cognitive–Emotional Responses to Multi-Sensory Stimulation in Electronic Dance Music Events Migena Buka, Stela Dhima, Klaudio Aliaj 8. Tourist consumer behaviour patterns in Albania: Information sources, trust and booking experiences Stela Dhima, Migena Buka 9. Assessment of Knowledge, Attitudes, and Behaviors Related to Stis among Teenegers in High Schools of the Municipality of Lezhë Arjona Gjoka, Ermira Lleshi, Vjorena Taflaj

13.30 – 14.00	LUNCH TIME – Hall of Rectorate
14.00 – 14.30	CLOSURE CEREMONY - Rectorate Building, Room A3 Conclusions and recommendations from all sessions. Acknowledgements of the organizers