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**I. BIRUNI INTERNATIONAL HEALTH SCIENCES
CONGRESS
ABSTRACT BOOK**

May 23-24, 2025
Biruni University Congress Center, Istanbul-Türkiye

I. BIRUNI INTERNATIONAL HEALTH SCIENCES CONGRESS "Well-Being and Health"

 23th and 24th of May 2025  09:00  Biruni University



For detailed information



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THE SCIENTIFIC PROGRAM

I. BIRUNI INTERNATIONAL HEALTH SCIENCES CONGRESS 23-24 May 2025

Main Hall		
09:00-10:00	Registration	
10:00-10:30	Opening Ceremony	
Chairperson:	Uğur Cavlak	
10:30-11:10	Physical Activity and Exercise to Improve Cognitive Function in Older Adults	Rusu Ligia
11:10-11:50	Artificial Intelligence in Health Sciences	Yusuf Sinan Akgül
11:50-12:00	Q & A	
12:00-13:00	Lunch Break	
Main Hall (Physiotherapy and Rehabilitation Session)		
Chairperson:	Rusu Ligia	
13:00-13:25	Physical Activity to Improve Locomotor Function in Older Adults	Habibe Serap İnal
13:25-13:50	Chronic Musculoskeletal Pain Management: Bio- psycho-social Model	Uğur Cavlak
13:50-14:15	Technology Supported Gait Analysis	Ekin Akalan
14:15-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chairs: Buket Akıncı, Güzin Kaya Aytutuldu
17:00-18:00	Round Table Discussion (Improving international collaboration and sharing projects)	Session chairs: Uğur Cavlak, Rusu Ligia
Blue Hall (Nursing Session)		
Chairperson:	Saleh Salimi	
13:00-13:15	Symptom Management, Care and Well-Being in Neurodegenerative Diseases	Gizem Yağmur Yalçın
13:15-13:30	Leveraging AI to Enhance Well-Being and Quality of Life for Patients with Neurodegenerative Diseases	Saleh Salimi
13:30-13:45	Nurse Drug Prescription: A One Health Path to Global Well-Being	Inés Rivas Fernández
13:45-14:00	Clinical Supervision in Nursing- Characteristics and factors that promote well-being in students	Isabel Maria Ribeiro Fernandes
14:00-14:15	Using Graphic Medicine in Teaching Multicultural Nursing	Malgosia Lesinska-Sawicka
14:15-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chairs: Selmin Köse, Funda Karaman
17:00-18:00	Round Table Discussion (Improving international collaboration and sharing projects)	Session chairs: Saleh Salimi, Ozlem Avcı

Bordeaux Hall (Nutrition and Dietetics Session)		
Chairperson:	Fatma Çelik	
13:00-13:20	Biodiversity and Nutrition	Fatma Çelik
13:20-13:40	Inflammation and Nutrition	Halit Tanju Besler
13:40-14:00	Sustainability and Health: The Role of Nutrition Policies	Zeynep Begüm Kalyoncu Atasoy
14:00-14:20	Bioactive Compounds and Functional Nutrition	Armin Amanpour
14:20-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chair: Sevde Kahraman
17:00-18:00	Round Table Discussion (Improving international collaboration and sharing projects)	Session chair: Fatma Çelik
Grey Hall (Speech and Language Therapy Session)		
Chairperson:	Ümran Tüfekçioğlu	
13:00-13:20	Aphasia and Related Disorders	Fenise Selin Karalı
13:20-13:40	Inner Speech from a Psycholinguistic Perspective	Johannes Gerwien
13:40-14:00	Management of Dysphagia	Samet Tosun
14:00-14:20	Impact of Xerostomia and Dysphagia on Malnutrition in Head and Neck Cancer Patients Undergoing Radiotherapy.	Soultana L. Papadopoulou
14:20-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chairs: Emrah Cangı, Dilber Kaçar Kütükçü
17:00-18:00	Round Table Discussion (Improving International Collaboration and Sharing Projects)	Session chairs: Fenise Selin Karalı, Samet Tosun
Turquoise Hall (Midwifery Session)		
Chairperson:	İlkay Güngör Satılmış	
13:00-13:20	Intercultural Midwifery-Overview	Burcu Can Ravera
13:20-13:40	Cultural Practices and Care in Pregnancy and Preconception Period Care	Esra Çalışkan
13:40-14:00	Cultural Practices and Care in Birth and Postpartum Care	İlkay Güngör Satılmış
14:00-14:20	Cultural Practices and Care in Newborn Care and Breastfeeding	Özlem Avcı
14:20-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chairs: Gülsen Çayır, Aysu Yıldız Karahmet
17:00-18:00	Round Table (Improving International Collaboration and Sharing Projects)	Session chairs: Nezihe Kızılkaya Beji, İlkay Güngör Satılmış
Orange Hall (Occupational Therapy Session)		
Chairperson:	Hülya Kayıhan	
13:00-13:20	The Role of Occupational Therapy in Health and Well-Being	Signe Tomsone
13:20-13:40	Multisensory Approaches and Use of New Technologies in Autism Spectrum Disorder	Hülya Kayıhan

13:40-14:00	Lifestyle and Quality of Life Outcomes	Zeynep Bahadır
14:00-14:20	Healthy Aging and Gamification	Mehmet Kaan İldiz
14:20-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chair: Remziye Akarsu
17:00-18:00	Round Table (Improving International Collaboration and Sharing Projects)	Session chair: Hülya Kayıhan
Green Hall (Audiology Session)		
Chairperson:	Nedim Uğur Kaya	
13:00-13:20	Vestibular Implants: The Present Status and Future Prospects	Mustafa Karabulut
13:20-13:40	Pediatric Hearing Aid Applications	Nedim Uğur Kaya
13:40-14:00	Pediatric Auditory Rehabilitation	Büşra Nur Taşçı
14:20-14:30	Q & A	
14:30-15:00	Coffee Break	
15:00-17:00	Oral and Poster Presentations	Session chairs: Nedim Uğur Kaya
17:00-18:00	Round Table (Improving International Collaboration and Sharing Projects)	Session chairs: Nedim Uğur Kaya, Mustafa Karabulut
SATURDAY 24 MAY 2025 (SECOND DAY)		
09:30 - 12.00	Workshops	
12:00 - 17.00	City Tour / Free Time	

ORAL PRESENTATIONS

- OP1. Phenomenological Transformation of Food Perception in History**
Taha Gökmen Ülger
- OP2. Postmodernism and Nutrition: Cultural and Biological Reconstructions**
Taha Gökmen Ülger
- OP3. Medical-Nutritional Management of HMG-CoA (3-Hydroxy-3-methylglutaryl-CoA) Lyase Deficiency**
Başak Untuç, Sevde Kahraman, Zelal Tandoğan
- OP4. Phytotherapy in Pediatric Gastrointestinal Diseases: Clinical Evidence**
Başak Untuç, Sevde Kahraman
- OP5. Evaluation of Black Sea Culinary Culture within the Scope of Sustainable Nutrition Behaviors and Ecological Footprint Awareness**
Ayşe Nur Oruç, Ezgi Ertal Akgöz, Buse Nur Eygay
- OP6. The Relationship Between Fragility, Quality of Life and Nutritional Status in Haemodialysis Patients**
Havva Kiliç, Fatma Çelik, Ayşe Nur Oruç, Ezgi Ertal Akgöz, Melike Şare Bulut
- OP7. An Investigation of Snack Packaged Foods Consumed By High School Students in Terms of Their Effects on Sustainability Criteria and Individual-Specific Parameters**
Elif İşliyen, Merve Tokpunar
- OP8. Nutritional Status and Dietary Intake of Children with Cerebral Palsy**
Sevde Kahraman, Aybüke Fırat, Fatma Çelik, Zeynep Hoşbay, Rahime Gökboğa
- OP9. Medical-Nutritional Management of Nemaline Myopathy: A Case Report**
Sevde Kahraman, Zelal Su Baydeniz
- OP10. Unilateral Vestibular Hypofunction: Beyond Chronic Dizziness and Imbalance**
Mustafa Karabulut, Hamide Avcı, Eda Yalçınkaya, Osman Nuri Özgirgin, Raymond van de Berg
- OP11. The Effect of Hearing Aid Use on Cervical Region Proprioception**
Nedim Uğur Kaya, Kamil Yılmaz, Hasan Gerçek, Bayram Sonmez Unuvar, Ozlem Akkoyun Sert
- OP12. Perrault Syndrome – A Rare Genetic Disorder with Audiological and Neurological Implications**
Berna Hoşgör, Ayça Ödemişlioğlu Aydın, Hande Evin Eskicioğlu, Serpil Mungan Durankaya, Yüksel Olgun, Günay Kırkım
- OP13. Effect of Pilates Mat Exercises on Tinnitus Severity and Psychosomatic Status in Individuals with Tinnitus**
Şevval Bektaş, Nedim Uğur Kaya
- OP14. Emotional Communication and Social-Emotional Expertise in Individuals with and without Hearing Loss**
Nedim Uğur Kaya, Fatma Zehra Gümüş Selek, Sare Nur Kayacık
- OP15. Investigation of Walking Speed in Individuals with Age-Related Hearing Loss**
Soner Sinan, Merve Arı, Nedim Uğur Kaya, Nursen Özdemir Ilcin
- OP16. Speech Therapy - Part of the Rehabilitation in Neurodegenerative Diseases**
Zhivko Zhekov, Aneta Dokova, Kalinka Spasova, Petya Hristanova
- OP17. Radiotherapy-Related Xerostomia, Dysphagia, and Malnutrition in Head and Neck Cancer: A Prospective Study from Greece**
Soultana Papadopoulou
- OP18. Evaluation of Language, Speech and Communication Skills of Children with Primary School Adaptation Problems**
Dilber Kaçar Kütükçü

- OP19. Speech Therapy as Part of a Holistic Approach in the Treatment of Multiple Sclerosis**
Petya Hristanova, Kalinka Spasova, Aneta Dokova, Zhivko Zhekov
- OP20. Peculiarities in Recovery of Connected Speech in Patients with Post-traumatic Aphasia as a Consequence of Severe Craniocerebral Trauma**
Kalinka Spasova, Petya Hristanova, Zhivko Zhekov, Aneta Dokova
- OP21. Developing and Evaluating a Tool for Emotional Congruence and Its Relevance to Theory of Mind**
Ela Sarıcan, Miray Dalkıran, Yaren Hüsna Türkeli, Dilber Kaçar Kütükçü, Fenise Selin Karalı
- OP22. Developing Project Management Skills in Future Speech Therapists**
Aneta Dokova, Zhivko Zhekov, Petya Hristanova, Kalinka Spasova
- OP23. Speech and Language Therapists' Approaches and Practices in Addressing Theory of Mind in Therapy**
Ahşen Erım, Şaziye Seçkin Yılmaz, Öznur Çiftçi, Yaren Gök
- OP24. Burnout Levels of SLT Students: A Qualitative Study**
Samet Tosun, Fenise Selin Karalı
- OP25. Evaluation of A Patient Who Had Hemorrhage At Brainstem with The Risk of Aphasia: A Case Study**
Şeyma Nailođlu, Melis Ece Şahin, Fenise Selin Karalı
- OP26. Effect of Early Cochlear Implantation Timing on Phonological Skills and Consonant Accuracy: A Comparative Study of Implantation Ages 12-18, 18-24 and 24-30 months**
Beyza Pehlivan Bozoglu, Esra Özcebe, Aysin Noyan Erbas
- OP27. Comparing Peer Bullying Behaviors and Being a Victim of Peer Bullying in Adolescents Who Stutter**
Ahşen Erım, Ayşe Aydın Uysal, Aleyna Öztürk, Sinem Cankat
- OP28. Serious Games as Intervention Tools for Children with Dyslexia: A Systematic Review**
Antonia Aslanidou, Anna-Maria Maladeni, Eugenia I. Toki
- OP29. Traditional Methods Used for Infertility Treatment**
Gülsüm Kurt, Nezihe Kızılkaya Beji
- OP30. An Assessment of University Students' Behaviors Concerning the Prevention of Sexually Transmitted Infections**
Nezihe Kızılkaya Beji, Yaren Güzel, Pelin Gümüşsoy Ertan
- OP31. A Comparison of Menstrual Experiences Among Women Using Different Menstrual Hygiene Products**
Emel Çakar, Gülsen Çayır
- OP32. Skin Problems and Influencing Factors in Women Who Undergo Laser Hair Removal in the Genital Area**
Aylin Carkı, Huriye Sena Kuruc, Nezihe Kızılkaya Beji
- OP33. Examining the Impact of Nurses' Ethical Attitudes on Pain Assessment**
Nefise Özlem İşler, Leman Şenturan
- OP34. The Effect of Spousal Support on Adaptation to Pregnancy During the Gestation Period**
Fetiye Aksu, Nezihe Kızılkaya Beji
- OP35. Determination of Family Interaction and Aggression Levels in Primary School Students: A Picture Analysis Study**
Beril Su Doğru, Özlem Avcı
- OP36. The Effect of Pelvic Floor Muscle Exercises on Sexual Life in Women with Overactive Bladder**
Nezihe Kızılkaya Beji, Filiz Yılmaz Aladađ

- OP37. The Effect of Childbirth Preparation and Counseling Training During Pregnancy on Adaptation During Pregnancy and Childbirth**
Pelın Mutlu, Gülsen Çayır
- OP38. The Effect of Intrauterine Device and Condom Use on Women’s Anxiety and Quality of Sexual Life**
Hüsna Şule Arslan, Gülsen Çayır
- OP39. An Irreversible Method-Opinions of Women with Tubal Ligation in Türkiye: A Qualitative Study**
Fatma Şule Bilgiç, Aysu Yıldız Karaahmet
- OP40. Relationship Between Perinatal Attachment and Maternal Functioning in Women Conceived Naturally and with Assisted Reproductive Techniques**
Bengü Aksoy, Nezihe Kızılkaya Beji
- OP41. Investigation of Women’s Awareness and Knowledge about Vaginal Flatus: A Cross-sectional Study**
Elif Duygu Yıldız, Zeynep Duru, Büşra İnal, Nihan Erdoğan Atalay, Nuriye Özengin
- OP42. The Effect of Virtual Reality on Pain, Disability, and Kinesiophobia in Individuals with Chronic Neck Pain**
Ecenur Atlı, Arzu Razak Özdiñler, Özden Özyemişçi Taşkıran
- OP43. Evidence-Based Exercise Approaches in Chronic Obstructive Pulmonary Disease**
Aysenur Temizel Tombul, Buket Akıncı
- OP44. Effectiveness of Motor Imagery and Action Observation in Parameters of Sport Performance: A Systematic Review**
Elif Aleyna Yazgan, Begüm Kara Kaya, Pelın Tiryaki, Ecenur Atlı, Uğur Cavlak
- OP45. Effects of High-Intensity Resistance versus Aerobic Training Among Women with Polycystic Ovarian Syndrome**
Mobeena Maqsood, Huma Riaz
- OP46. The Effect of Acupressure on Symptoms in Office Workers with Chronic Fatigue Syndrome**
Doğukan Kurç, Ayşe Arzu Sayın Şakul, Esra Atılğan
- OP47. The Impact of Pain Catastrophizing on Pressure Threshold, Body Awareness, Emotional Status and Physical Function in Older Adults With Chronic Musculoskeletal Pain: Preliminary Results**
Nuray Elibol, Cemre Görünmezoğlu, Uğur Cavlak, Özlem Çınar Özdemir, Elif Pala, Kübra Kalaycı
- OP48. Relationship Between Pelvic Floor Awareness, Health Literacy and Healthy Lifestyle Behaviors Among University Students**
Burçin Özyürek, Damla Korkmaz Dayıcan
- OP49. Investigation of the Relationship Between Postural Hyperkyphosis and Temporomandibular Disorder**
Berkay Çakır, Sena Özdemir Görgü
- OP50. Knowledge Regarding Pelvic Floor Muscle Training Among Individuals with Spinal Cord Injury**
Laiba Umar Khayam
- OP51. Effects of Intrinsic Foot Muscle Training on Early Neuropathy Symptoms in Patients with Diabetic Foot**
Fatma Dilara Akar Çamyar, Fatmagül Varol, Eylem Çağıltay
- OP52. Validation of A Custom-made IMU Sensor System Using The Edinburgh Visual Gait Score in Patients With Cerebral Palsy: A Pilot Study**
Hakan İlikçi, Bora Ayvaz, Ali Fuat Ergenç, Yunus Ziya Arslan, Fuat Bilgili
- OP53. Frequency of de Quervain Tenosynovitis in Female Artists of Pakistan’s Twin Cities**
Zuha Ahmad, Irum Yaqoob, Maryam Zahid, Hajira Siddique, Tahreem Fatima, Noor-Ul-Huda, Eesha Tir Razia

- OP54. Effects of Regular Sports Participation on Fatigue, Mood, and Sleep Quality in Adults**
Eda Akbaş, Ahmet Koçyiğit
- OP55. Digitalization through the Use of Renpy-Based Interactive Learning Experiences in Physiotherapy and Rehabilitation Education**
Ahmet Koçyiğit, Uğur Cavlak
- OP56. Effect of Task-Oriented Training on Upper Extremity Function in Chronic Stroke: a Comparative Study**
Nida Tekdemir, Güzin Kaya Aytutuldu, Uğur Cavlak, Çiğdem Çınar
- OP57. Comparison of the Effects of Motor Imagery and Action Observation-Based Plyometric Training on Jump Performance and Reaction Time in Female Volleyball Players**
Elif Aleyna Yazgan, Uğur Cavlak
- OP58. The Impact of Academic Exam Periods on Physical Activity and Anxiety Levels in University Students**
Zeynep İrem Bulut, Özlem Barutçu, Elif Dinler, Başar Öztürk
- OP59. Can Proprioception Predict Performance? A Machine Learning Approach in Adolescent Basketball Athletes with Chronic Ankle Instability**
Begüm Kara Kaya, Berivan Beril Kılıç
- OP60. Investigation of Women's Awareness and Knowledge about Vaginal Flatus: A Cross-sectional Study**
Elif Duygu Yıldız, Zeynep Duru, Büşra İnal, Nihan Erdoğan Atalay, Nuriye Özengin
- OP61. A New Perspective on Virtual Reality Mirror Therapy: Usability and Effectiveness Evaluation**
Ramazan Kurul, Gülizar Çit, Kayhan Ayar
- OP62. Analysis of the Relationship Between Time Management, Functional Independence, Depression and Cognitive Functioning After Stroke**
Yağmur Sözbir, Başar Öztürk, Hülya Kayıhan, Mustafa Ferit Akkurt
- OP63. Holistic Approaches in Dementia Care: Theoretical Foundations and Effects on Well-Being**
Katarina Galof
- OP64. From Daily Life to Meaningful Occupation: A Slovenian Perspective**
Katarina Galof
- OP65. Occupational Therapist's Role in Creating an Inclusive Education System Where Every Student Can Thrive**
Lea Šuc
- OP66. The Effects of Aquatic Sensory-Based Activities on Sensory-Motor Skills, Sleep, and Quality of Life in Children with Autism Spectrum Disorder Experiencing Sleep Problem**
Fatma Zehra Coban, Basar Ozturk, Mine Seyyah, Hulya Kayıhan
- OP67. The Influence of Fathers' Caregiving Involvement on the Activity-Role Participation of Children with Autism Spectrum Disorder**
Şulenaz Şahan, Fatma Kardelen Bayrak, Remziye Akarsu
- OP68. Investigation of the Relationship Between Body Awareness and Physical Activity Level and Music Performance Anxiety in Musicians Playing Different Instruments**
Özlem Görgülü Göksu, Aycan Çakmak Reyhan
- OP69. ChatGPT in the Field of Occupational Therapy: Scope and Suitability of Artificial Intelligence Based Language Models**
Sümeyye Sarışahin, Zeynep Bahadır
- OP70. Investigation of Occupational Balance in Young Adults with Substance Use Disorder: A Comparative Study**
Yunus Ayık, Uğur Cavlak

- OP71. Effects of a Lifestyle Telerehabilitation Program on a Breast Cancer Survivor: A Case Report from the Reborn Project**
Hülya Yaman, Zeynep Bahadır, Sena Eraslan, Meryem Aksarı Gedikli, Sena Öndeş
- OP72. A Novel Approach to Intervention For Autism Spectrum Disorder: Case Report**
Özlem Gülümser, Yasemin Gürcan, Sema Baydilli, Buşra Yeğiner Dinçer, Seval Özer, Hülya Kayıhan, Gülsen Erden
- OP73. The Relationship Between Psychosocial Health During Pregnancy and Postpartum Depression**
Betül Yaşdağı, Hatice Yıldız
- OP74. Examining the Relationship Between Cognitive Functions and Activity-Role Participation in Stroke Individuals**
Şeyma Duman, Tuba Hazal Taş, Yazgülü Beşaltı, Aleyna Yüksel, Hülya Şirzai, Remziye Akarsu
- OP75. The Relationship Between Stress Coping Strategies, Occupational Balance, and Job Performance Among Private Sector Employees**
Mümine Kol, Hülya Kayıhan, Remziye Akarsu
- OP76. Depression, Anxiety, and Occupational Balance in Caregivers of Children with Autism Spectrum Disorder and Typically Developing Children**
Tuba Hazal Taş, Ekin Akpınar
- OP77. Development and Testing of a New Body Mass Index**
Serdar Beji, Nezihe Kizilkaya Beji, Ümmü Mutlu

POSTER PRESENTATIONS

- PP1. Evaluation of the Relationship Between Emotional Eating, Uncontrolled Eating and Cognitive Eating Restriction Behaviors and Sensory Processing in Secondary School**
Aybüke Fırat, Remziye Akarsu
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ORAL PRESENTATIONS

OP1

Phenomenological Transformation of Food Perception in History

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Purpose: Food has evolved as a multidimensional concept, acquiring different meanings throughout human history. While in ancient times it was merely perceived as a source of sustenance, over time, it gained social, cultural, and economic significance. The paradigms surrounding food production and consumption advanced with the agricultural revolution and became even more sophisticated with the industrial revolution and modern nutritional science. This study aims to examine the phenomenological transformation of food perception throughout history. The transition of food from being a mere source of nourishment to a health-supporting agent will be explored in the context of nutritional science, functional foods, and nutraceuticals.

Methods: The perceptual transformations of food are examined from the perspectives of ancient civilizations, the agricultural revolution, the industrial revolution, and modern food science. Current academic sources are utilized to summarize findings on functional foods and nutraceutical applications. Throughout history, the perception of food has evolved from being a mere survival necessity to a strategic factor in maintaining individual and societal health. In ancient times, food was considered an energy-providing necessity. With the agricultural revolution, the diversification of crops contributed to trade and economic value, while the industrial revolution led to the mass production of food. With advancements in modern nutrition science, it has been discovered that food contains bioactive compounds that may help prevent diseases. Concepts such as nutraceuticals and functional foods have emerged as key innovations in this transformation. Today, individuals seek not only nutritious but also health-enhancing foods. The integration of disciplines such as nutrigenomics and nanotechnology has led to the development of personalized nutrition approaches, optimizing the bioactive benefits of food.

Results and Conclusion: The transformation of food throughout history has extended beyond merely meeting basic nutritional needs. Advances in nutritional science and food technologies have emphasized the bioactive content of food, promoting functional and personalized nutrition approaches. In the future, further research in nutrigenomics and nanotechnology could elevate food from a mere dietary component to a personalized health module. Researchers focusing on this field will enhance our understanding of the effectiveness of functional foods and nutraceuticals.

Keywords: Food Perception, Functional Foods, Nutraceuticals, Nutrigenomics

OP2

Postmodernism and Nutrition: Cultural and Biological Reconstructions

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Purpose: Postmodernism has significantly transformed nutrition by challenging traditional narratives and revealing the complex meanings associated with food consumption. This shift is evident not only in the symbolic interpretation of food within consumer culture but also in the integration of innovative scientific methods that enhance our understanding of nutrition. By bridging cultural studies and biological research, postmodernism fosters a comprehensive approach to contemporary dietary practices. This study aims to explore how postmodern perspectives reshape both cultural and biological dimensions of nutrition. It examines the deconstruction of traditional food narratives, the application of system-based approaches in biological research, and the impact of postmodernism on public health policies and personal dietary choices.

Methods: A key aspect of postmodernism in nutrition is the reevaluation of traditional food and health narratives. Kniazeva and Venkatesh (2007) argue that in postmodern U.S. culture, food is more than sustenance—it serves as a network of symbolic meanings reflecting individual identity and cultural fragmentation. Similarly, Ahmad (2025) highlights how the dissolution of grand narratives leads to more flexible and personalized interpretations of food, influencing both media and popular culture. Biological research also reflects postmodern critiques by integrating non-linear, system-based approaches. Nikkhah (2016) challenges conventional starch utilization models in dairy cow nutrition, emphasizing the need for feeding strategies that consider metabolic and evolutionary dynamics. Furthermore, studies on chronophysiology reveal that aligning dietary habits with circadian rhythms can improve metabolic efficiency, reinforcing the postmodern view that physiological understanding requires historical and scientific integration. Public health and nutrition policies are also shaped by postmodernism. Liuşnea (2021) demonstrates that young people in postmodern societies adopt a holistic approach to health, integrating balanced diets, exercise, and overall well-being. Additionally, Cicia et al. (2012) discuss how postmodern

consumerism transforms the agro-food system, positioning food as both a cultural symbol and a personal identity marker.

Results and Conclusion: The intersection of postmodernism and nutrition presents a dynamic interdisciplinary field where cultural analysis and scientific innovation converge. By challenging traditional paradigms, postmodern perspectives foster more contextually aware and personalized approaches to dietary habits, promoting adaptable health strategies in an increasingly complex society.

Keywords: Chronophysiology, Cultural Identity, Nutrition, Postmodernism

OP3

Medical-Nutritional Management of HMG-CoA (3-Hydroxy-3-methylglutaryl-CoA) Lyase Deficiency

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Purpose: 3-hydroxy-3-methylglutaryl-CoA (HMG-CoA) lyase deficiency, an autosomal recessive disease due to mutation in the HMGCL gene, usually occurs in the first year of neonatal period. As a result of inadequate processing of the amino acid leucine and ketogenesis, toxic metabolites accumulate in the blood, causing metabolic acidosis, hypoglycemia and aciduria. After detection of the metabolites by urine and blood tests, diagnosis of HMG-CoA lyase deficiency is confirmed by genetic tests. Early intervention in acute metabolic crises, and keeping under control with low leucine and low fat medical nutrition therapy is essential to prevent the organ damage movement disorders and intellectual disability. The aim of this case report is to draw attention to the importance of effective and regular dietary intervention in the treatment of a patient diagnosed with HMG-CoA lyase deficiency

Case: In a 4-month-old infant who had complaints of vomiting, diarrhea and lethargy for the first time and who developed metabolic acidosis, hyperammonemia, hypoglycemia and hypoketosis, was confirmed the diagnosis of HMG-CoA lyase deficiency according to the test results of urine, blood and genetic tests. After treatment of acute metabolic crises, patient is started on a management plan including a high carbohydrate, limited fat, protein and leucine diet and frequent feeding programs to prevent ketogenesis. The 5-year-old child was hospitalized again with metabolic crises. After revision of the dietary intervention, the patient's symptoms improved and he was followed up to ensure normal growth and development.

For the medical nutrition therapy of HMG-CoA lyase deficiency, was administered that included frequent and regular feedings were applied containing a low-leucine formula in which approximately 60-65% of total energy from carbohydrates, 5-10% from protein (1-1.5 g/kg/day), leucine (40-60 mg/kg/day), and 25-30% from fat.

Results and Conclusion: In order to prevent acute metabolic crises and ensure healthy growth and development of the child, HMG-CoA lyase deficiency should be early diagnosis and managed effectively. This case highlights the importance of the dietitian's role in rare diseases. With the nutritional therapy applied in the treatment of HMG-CoA lyase deficiency, the child's growth and development should be monitored regularly and the diet of the child should be modified in accordance with the changing living conditions.

Keywords: 3-hydroxy-3-methylglutaryl-CoA lyase Deficiency, Hypoglycemia, Metabolic acidosis, Nutritional Management

OP4

Phytotherapy in Pediatric Gastrointestinal Diseases: Clinical Evidence

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Purpose: Phytotherapy, which means the use of plants in treatment, is widely used for many pediatric diseases. Pediatric gastrointestinal (GI) disorders, such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), constipation, and diarrhea, are common and can significantly affect a child's quality of life. Conventional treatments based on pharmacological agents are often limited in their long-term efficacy and have a wide range of adverse effects. Due to their natural approach, herbal medicines are considered by parents to be safer in the treatment pediatric gastrointestinal disorders. As a result of increasing clinical evidence of their efficacy, herbal medicines serve as a potential complementary treatment for pediatric gastrointestinal disorders. This review aims to examine the clinical evidence for phytotherapeutic treatments for common pediatric gastrointestinal disorders, focusing on IBS, IBD, constipation, and diarrhea.

Methods: PubMed, Google Scholar and Web of Science were searched for articles, including clinical trials, randomised controlled trials and observational studies, related to herbal treatments for GI disorders. Studies published in English between 2010 and 2025 were selected based on their relevance to the use of herbal treatments in children, and documentation of clinical outcomes such as symptom improvement,

adverse effects, and comparison with standard of care. Data on intervention outcomes from animal studies and adult populations were excluded. Clinical evidence suggests that several phytotherapeutic agents, such as *Mentha Piperita*, *Matricaria Chamomile*, *Curcuma Longa*, *Zingiber officinale*, STW-5 (Iberogast), *Psyllium fiber*, *Cassia Angusifolia*, *Olea Europaea*, *Rosa Damascena* and *Ziziphus jujuba* show promise in relieving symptoms of IBS, IBD, constipation, and diarrhea in children. The efficacy of herbal medicines was generally comparable to pharmacological treatments, with a lower profile of adverse effects.

Results and Conclusion: Phytotherapy offers a promising complementary approach to the management of pediatric gastrointestinal disorders. Clinical trials support the use of herbal treatments for symptom relief in conditions such as IBS, IBD, constipation, and diarrhea. While promising, further clinical trials are needed to standardise treatment protocols, optimal dosages, and long-term safety and efficacy in children.

Keywords: Herbal Medicine, Pediatric Gastrointestinal Diseases, Phytotherapy, Plant-Based Treatments

OP5

Evaluation of Black Sea Culinary Culture within the Scope of Sustainable Nutrition Behaviors and Ecological Footprint Awareness

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Purpose: Nutritional habits are shaped by physiological and cultural interactions. Sustainable nutrition is an approach that ensures food security and sufficiency without harming ecosystems. The ecological footprint, related to sustainability, encompasses the environmental impact of food production and consumption. This study evaluates the sustainable eating behaviors, food consumption habits, and ecological footprint awareness of individuals associated with the Black Sea culinary culture. This study aims to examine the sustainable eating habits and ecological footprint awareness of individuals who adopt the Black Sea culinary culture.

Methods: The study included 66 individuals registered with Black Sea regional associations in Istanbul. Demographic information, general health status, and food consumption records were assessed. The “Sustainable Nutrition Behavior Scale (SNBS)” was used to measure sustainable eating behaviors, and the “Ecological Footprint Awareness Scale (EFAS)” was used to assess ecological awareness.

Results: The sample included 42 women (63.60%) and 24 men (36.40%). The average SNBS and EFAS scores were 102.60

and 116.70, respectively. Women had significantly higher SNBS scores compared to men ($p < 0.050$), while there was no significant difference in EFAS scores between genders ($p > 0.050$). Individuals with nutrition education had higher SNBS (105.80 vs. 97.70) and EFAS (121.10 vs. 110.10) scores, though the difference was not statistically significant ($p > 0.050$). A positive significant correlation was found between SNBS and EFAS ($p < 0.050$). Consumption of Black Sea-specific foods (such as kolot cheese, anchovies, cabbage family vegetables, Trabzon persimmon, and pepeçura) was linked to sustainable eating behaviors, reduced food waste, and seasonal/local eating ($p < 0.050$). Individuals who consumed more cabbage family vegetables and olive oil had higher scores in sustainability subscales ($p < 0.050$).

Conclusion: The results suggest that the consumption of certain Black Sea-specific foods influences sustainable eating behaviors. Regional and traditional foods play a significant role in supporting sustainable eating habits. Encouraging local food consumption can help reduce environmental impact and contribute to food sustainability.

Keywords: Black Sea Culinary Culture, Ecological Footprint, Sustainable Eating

OP6

The Relationship Between Fragility, Quality of Life and Nutritional Status in Haemodialysis Patients

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Purpose: Chronic Kidney Disease (CKD) is a progressive loss of kidney function that eventually necessitates renal replacement therapy. Frailty, characterized by decreased cognitive and physiological function, makes patients more susceptible to adverse health outcomes. Inadequate protein and energy intake, weight loss, and reduced muscle strength increase frailty, negatively impacting quality of life. Nutritional assessment plays a crucial role in preventing frailty and malnutrition. This study aimed to evaluate the malnutrition, frailty and nutritional status of haemodialysis patients and investigate their impact on quality of life.

Methods: The study included 102 patients (36 females and 63 males) receiving haemodialysis treatment in a private hospital in Istanbul. Data collection form was used for demographic findings and disease information, food consumption record was used to evaluate food consumption, Malnutrition Inflammation Score (MIS) was used to determine malnutrition risk, Kidney

Disease Quality of Life-36 (KDQOL-36) scale was used to score quality of life, Fried Frailty Scale was used to determine frailty status and hand dynamometer was used for hand grip strength measurements. The data obtained were analysed with SPSS 25.0 statistical software.

Results: According to this study, the prevalence of frailty (61.80%) and malnutrition (85.30%) is high in haemodialysis patients. Malnutrition was negatively correlated with all KDQOL-36 quality of life subscales ($p<0.050$). Frail patients were found to have a higher risk of malnutrition and a lower kidney disease symptom score and physical component score among KDQOL-36 subscales ($p<0.050$). In female patients with malnutrition risk, the mean hand grip strength was found to be lower ($p<0.050$), whereas no significant difference was observed in male patients. In both genders, the amount of energy and protein was below the recommended daily intake for dialysis patients.

Conclusion: In this study, it was observed that the prevalence of frailty and malnutrition in haemodialysis patients was high and negatively affected quality of life. A multidisciplinary approach is required for early diagnosis, prevention and management. Regular nutritional assessment and appropriate treatments will help to improve the quality of life of patients.

Keywords: Frailty, KDQOL-36, Malnutrition Inflammation Score, Nutritional Status, Quality of Life

OP7

An Investigation of Snack Packaged Foods Consumed By High School Students in Terms of Their Effects on Sustainability Criteria and Individual-Specific Parameters

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Purpose: New generation diets emphasise sustainability and in this direction, sustainability criteria in packaged foods are gaining importance and consumption of snack packaged foods is higher in adolescents compared to other age groups. This study was conducted to examine the compliance of snack packaged foods consumed by high school students with sustainable nutrition criteria and to evaluate the relationship between the consumption of these products and some individual-specific parameters.

Methods: Study was conducted with 15-18 aged 156 students at Beyfen College in Beylikdüzü, Istanbul, Türkiye between January and March 2024. Socio-demographic characteristics, eating habits, anthropometric measurements, frequency of

consumption of snack packaged foods, 24-hour recall were questioned with the data collection form, and then the snack packaged foods consumed by the students were examined in terms of qualitative and quantitative sustainability criteria. Also, in this study, comparisons with individual parameters such as demographic features, nutritional habits and anthropometric measurements were made based on the compliance rates of packaged foods with sustainability criteria and the amount and frequency of consumption of these foods by the participants.

Results: Among the packaged snack foods analysed in terms of qualitative and quantitative sustainability criteria, milk was the most sustainable food. When the mean daily consumption of packaged snack foods by gender of the students was analysed, it was found that the mean consumption of all cereal products group, biscuits in the bakery products subgroup, all beverage group of female students was statistically significantly lower than male students ($p<0.05$). It was found that the mean consumption of daily granola and gluten-free bread, granulated coffee, healthy/diet products group in the daily cereal products subgroup of male students was statistically significantly lower than female students ($p<0.050$). A significant weak positive correlation was found between the BMI values of female students and their consumption of cereal biscuits and oat biscuits ($r=0.262$, $r=0.322$, respectively). A significant weak positive correlation was found between BMI values of male students and whole grain cereal consumption ($r=0.258$, $p=0.022$). The daily yoghurt and snack (crisps and bars) consumption averages of female students who regularly performed physical activity were found to be statistically significantly higher than those who did not ($p<0.050$). In male students, the mean daily consumption of milk, snack bars, raw and roasted almonds was found to be statistically significantly higher in students who regularly performed physical activity compared to those who did not ($p<0.050$).

Conclusion: It was determined that the consumption of snack packaged foods with low and high sustainability was common among high school students and that these foods consumed were associated with some demographic characteristics, eating habits and body composition of individuals. Students and other populations should be informed about making sustainable choices in packaged food consumption.

Keywords: Adolescent, Packaged Food, Snack, Sustainability

OP8

Nutritional Status and Dietary Intake of Children with Cerebral Palsy

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Purpose: Cerebral palsy (CP) is a motor disorder caused by brain damage or malformation during development. A child's nutritional status is closely linked to disease prognosis, growth, and development. CP affects not only motor function but also swallowing and feeding. Nutritional assessment in children with CP is challenging due to differences in weight, height, growth, and body composition compared to typically developing children. The relationship between CP and nutrition is complex and influenced by factors beyond diet. This study aims to assess the nutritional status of children with CP aged 2-13 years.

Methods: Children diagnosed with CP (n=50) were recruited from the Turkish Spastic Children Foundation in Istanbul. A 51-item data collection form consisting of three sections (general information form, anthropometric measurements, dietary and health habits) was used to assess the general health status and dietary habits of the children. Food consumption records were analysed using the 'Nutrition Information System (BEBIS) 8.1 programme'. The R programme was used for statistical analysis.

Results: In the study, 62% of participants were boys, and 48% of children with CP were aged 4-6 years. The average body weight was 22.90±18.40 kg, and height was 114.80±23.04 cm. The mean energy intake was 857.40±178.16 kcal/day. Boys with CP consumed 53.20% carbohydrates, 17.50% protein, and 29.20% fat, while girls had 43.30% carbohydrates, 21.90% protein, and 34.60% fat. 84% of children ate 3 main meals daily. Foods rarely consumed included tinned vegetables, stewed fruit, and tail fat, while eggs, cheese, and milk were eaten daily. The average calcium intake was 361.10±189.48 mg/day.

Conclusions: Children with CP are known to be at increased risk of growth retardation and malnutrition. Improving our understanding of the nutritional status of children with CP and how to optimise nutritional intake may help to reduce unnecessary hospital admissions, provide standard guidelines and improve clinical outcomes for these children.

Keywords: Cerebral Palsy, Daily Consumption, Nutritional Habits

OP9

Medical-Nutritional Management of Nemaline Myopathy: A Case Report

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Purpose: Nemaline myopathy (NM) is a rare congenital neuromuscular disorder characterized by rod-like inclusions in muscle fibers. Clinical manifestations vary widely and may include muscle weakness, hypotonia, feeding difficulties, and respiratory compromise. Severity correlates with the underlying genetic mutation, and early-life complications are common. Nutritional challenges such as growth retardation and malnutrition are frequent and require close monitoring. This case report aims to emphasize the role of timely and individualized nutritional interventions in the comprehensive management of a patient with nemaline myopathy.

Case: A 3-year-old male, born at 32 weeks gestation with low birth weight and initial respiratory distress, was admitted due to worsening respiratory symptoms, oxygen dependency, wheezing, feeding difficulties, and inadequate weight gain. Physical examination revealed hypotonia, respiratory distress and developmental delay. Laboratory findings showed decreased levels of creatinine, sodium, chloride, lymphocytes and eosinophils, and increased levels of ALT, CRP, leukocytes, neutrophils and platelets. His weight is normal (z-score: -0.05), but height is below average (z-score: -1.25). Based on genetic and clinical evaluation, the patient was diagnosed with nemaline myopathy and chronic systolic heart failure, and a tracheostomy was performed. A daily energy requirement of 1080 kcal was met by nutritional support via a nasogastric tube, consisting of six servings of 180 ml Fortini 1.0 (Multi Fibre) and six servings of 80 ml water per day. This nutritional therapy provided 25.92 g of protein (9.90%), 48.6 g of fat (41.60%), 127.44 g of carbohydrate (48.50%) and 16.2 g of fiber per day. The medication administered to the patient was as follows 0.90% isotonic NaCl, 5% dextrose with 0.45% NaCl, Amikaver 100 mg/2 mL ampoule, Mopem 500 mg IV vial, and Paracerol IV 10 mg/mL vial. In addition, several supplements and support products are administered, including Bady Bio, NBL Probiotic, Neuro Optimizer, Zinobiotic and Zinzino Omega.

Results and Conclusion: In rare neuromuscular diseases like nemaline myopathy, early diagnosis, a multidisciplinary approach, and individualised nutritional therapy can improve quality of life and prevent complications. This case underscores the importance of proper enteral nutrition, family education, and regular dietitian follow-up.

Keywords: Enteral Nutrition, Muscle Weakness, Nemaline Myopathy, Nutritional Management

OP10

Unilateral Vestibular Hypofunction: Beyond Chronic Dizziness and Imbalance

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Purpose: Chronic unilateral vestibular hypofunction (UVH) affects balance, cognition, and daily functioning and results in bunch of symptoms. While previous studies have assessed symptoms using patient-reported outcome measures (PROMs) and self-reports, these methods may not fully capture the variability of UVH symptoms. To evaluate the full spectrum of symptoms in patients with chronic UVH.

Methods: A qualitative study was conducted using semi-structured interviews, which were recorded, transcribed, and analyzed by two independent reviewers through a consensus approach. The diagnosis of UVH was confirmed through the video head impulse test (vHIT), which showed a reduced vestibulo-ocular reflex (VOR) gain on the affected side (<0.70), while the healthy side displayed normal VOR gain values (VOR-gain ≥ 0.80 and ≤ 1.20). Additionally, an asymmetry of at least 18% between the two ears was required for inclusion. Patients with central vestibular pathology, symptom duration <3 months, unable to discuss certain topics (e.g., psychology/psychiatry, health care utilization), or unwilling to undergo vHIT, were excluded from the study. Data collection continued until thematic saturation was reached.

Results: Fifteen patients with chronic UVH were interviewed. Reported symptoms revealed 16 physical symptoms, four cognitive symptoms, and five emotions. Key challenges included driving difficulties, darkness, sleep problems, fear of falling, and discomfort in crowded environments. Patients adapted certain behaviors, such as moving slowly, using supports, and avoiding sudden movements.

Conclusion: UVH goes beyond chronic dizziness and imbalance, encompassing a wide spectrum of physical, cognitive, and emotional symptoms that resulted in significant limitations in daily life. Therefore, it is imperative to develop a tailored PROM specifically designed for UVH, which takes all the relevant symptoms, behaviors and functional limitations into account.

Keywords: International Classification of Functioning, Disability and Health (ICF), Patient-reported Outcome Measure (PROM), Symptoms, Unilateral Vestibular Hypofunction

OP11

The Effect of Hearing Aid Use on Cervical Region Proprioception

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Purpose: Hearing loss affects 6.10% of the world's population and can impact balance by reducing sensory input. Hearing aids improve postural control by emphasizing the role of the auditory system alongside visual, vestibular, and proprioceptive inputs. The cervical region, rich in proprioceptors, is very important for balance due to its connections with the visual and vestibular systems. Considering the auditory-vestibular relationship, hearing loss can affect proprioception. However, there are no studies evaluating cervical proprioception in individuals using hearing aids. To evaluate cervical region proprioception in individuals with hearing loss and to compare the differences between individuals using hearing aids and healthy individuals. Additionally, it is to examine the relationship between the duration of hearing aid use and proprioceptive impairment.

Methods: This cross-sectional study (November 2020–August 2021) included 29 participants (14 hearing aid users, 15 healthy individuals). Ethical approval was obtained, and informed consent was given. Individuals with at least unilateral moderate central hearing loss who used hearing aids were included for ≥ 3 years. Cervical region proprioception was measured by testing joint position error (JPE) in 6 different positions. The Head Relocation Accuracy (HRA) test was used to determine JPE. Measurements were made using the Cervical Range of Motion Deluxe (CROM) device. Additionally, the Neck Disability Index (NDI) was used to assess neck disability in individuals using hearing aids.

Results: JPE Flexion ($p=0.001$; effect size (ES)=1.788), extension ($p=0.001$; ES=1.604), right lateral flexion ($p=0.001$; ES=1.081), left lateral flexion ($p=0.001$; ES=1.701), right rotation ($p=0.001$; ES=1.797), and left rotation ($p=0.001$; ES=2.319) values were statistically higher in individuals using the device compared to healthy individuals. Additionally, there was a moderate/high level positive correlation between the duration of device use and JPE in all directions.

Conclusions: In individuals using hearing aids due to hearing loss, cervical region proprioception is impaired compared to

healthy individuals. Additionally, the degree of this impairment is also related to the duration of hearing aid use. In individuals with hearing loss, it should also be considered that there may be proprioception disorders alongside balance loss.

Keywords: Hearing Aid, Hearing Loss, Joint Position Error, Proprioception, Sensorineural Hearing Loss

OP12

Perrault Syndrome – A Rare Genetic Disorder with Audiological and Neurological Implications

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Purpose: Perrault syndrome is a rare autosomal recessive disorder that can present with ovarian dysgenesis, sensorineural hearing loss and neurological symptoms. This case presents the diagnosis and treatment management of a 5-year-old girl with a rare syndrome. It emphasizes the importance of an appropriate clinical approach and interdisciplinary collaboration between different specialties for rare conditions such as Perrault syndrome, in which hearing loss is also observed.

Case: At the age of 3, the patient was diagnosed at an external center with bilateral sensorineural hearing loss and was recommended hearing aids. However, due to inconsistent use of the hearing aids, she presented to our clinic. An audiological evaluation was performed using both objective and subjective tests. In the Auditory Brainstem Response (ABR) test, no response was obtained to click stimuli with alternating polarity at maximum intensity. Prolonged cochlear microphonics reversing in rarefaction and condensation polarities were observed. Pure-tone audiometry revealed bilateral severe sensorineural hearing loss. Cortical responses were recorded at 65 dB SPL and 75 dB SPL with hearing aids, while no responses were observed without hearing aids. The patient's hearing aids were adjusted, and aided rehabilitation was continued. Since sufficient amplification could not be achieved with the hearing aids, the patient was included in the cochlear implantation program. However, the family declined the implantation.

Conclusion: In syndromes where hearing loss develops over time, collaboration between the disciplines of neurology,

genetics, and audiology is critically important for the diagnosis and rehabilitation of hearing loss.

Keywords: Audiology, Genetic Disorder, Hearing Loss, Perrault Syndrome

OP13

Effect of Pilates Mat Exercises on Tinnitus Severity and Psychosomatic Status in Individuals with Tinnitus

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Purpose: Tinnitus, affecting 30% globally, is categorized as pulsatile or non-pulsatile. Pulsatile tinnitus disrupts psychological balance via heart rate and autonomic nervous system effects. Limited standardized studies hinder clinical applicability. Monitoring autonomic modulation enhances understanding of Pilates' effects. Thus, a study on Pilates' impact on heart rate is crucial for future research. This study examined Pilates mat exercises' effects on tinnitus severity and potential to improve psychosomatic status (stress, anxiety, depression, psychological factors) in individuals with tinnitus, aiming to provide objective, evidence-based findings.

Methods: Thirty-nine participants (February 5, 2025 - February 5, 2025) underwent evaluation of tinnitus severity, attention deficits, discomfort, sleep problems, tinnitus frequencies, daily activities, balance, blood pressure, and pulse. Participants engaged in Pilates mat exercises twice weekly for eight weeks (45 minutes/session: 10-minute warm-up, 25-minute mat exercises, 10-minute cool-down). Data were analyzed using SPSS. Normality (Shapiro-Wilk) and comparisons (t-tests, Pearson correlation, McNemar tests) were assessed, with significance at $p < 0.050$.

Results: Participants were 87.18% female (n=34), 12.82% male (n=5), average age 33.23 ± 10.81 years. Tinnitus location: right ear (51.28%, n=20), left ear (38.46%, n=15), both ears (10.26%, n=4). Hyperacusis: 63.16% (n=24). Tinnitus quality: "buzzing" (48.72%, n=19), "ringing" (33.33%, n=13), "intermittent" (10.26%, n=4), "constant" (7.69%, n=3). Accompanying symptoms: headache (43.59%, n=17), ear pain (15.38%, n=6), ear fullness (12.82%, n=5), dizziness (10.26%, n=4), hearing loss (5.13%, n=2), other (12.82%, n=5). Average tinnitus duration: 3.59 ± 2.42 years. Significant differences (pre-test/post-test): white noise threshold, tinnitus pitch/loudness matching, minimal masking level, tinnitus grade index, disability questionnaire, visual analog scale (t_{38} : 5.00; $p < 0.010$). No significant difference: residual inhibition ($p > 0.050$).

Conclusion: Pilates mat exercises demonstrated therapeutic potential for tinnitus severity and psychosomatic conditions (stress, anxiety, depression, psychological factors).

Keywords: Mat Exercises, Pilates, Psychosomatic Status, Tinnitus, Tinnitus Severity.

OP14

Emotional Communication and Social-Emotional Expertise in Individuals with and without Hearing Loss

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Purpose: Emotional communication skills, which include understanding, expressing, and perceiving emotions, are vital social competencies. Individuals with hearing loss may exhibit different social and emotional competencies compared to those without hearing loss. This study aims to investigate the relationship between emotional communication skills and social-emotional expertise in individuals with and without hearing loss.

Methods: The Emotional Communication in Hearing Questionnaire (13 items) and the Social-Emotional Expertise Scale (25 items) were used. The Social-Emotional Expertise Scale has two subdimensions: adaptability and expressivity.

Results: Of the 144 participants, 86 were female and 58 male. The group with hearing loss included 48 individuals, while 96 had no hearing loss. According to the Emotional Communication in Hearing Questionnaire, individuals with hearing loss scored higher ($M = 33.46$) than those without hearing loss ($M = 26.91$), with a significant difference ($p = 0.001$). However, the higher score suggests that individuals with hearing loss experience more difficulty with emotional communication. The Social-Emotional Expertise Scale revealed that individuals with hearing loss scored lower ($M = 88.04$) compared to those without hearing loss ($M = 97.76$; $p = 0.001$). Similarly, the subdimensions of adaptability ($M = 56.48$ vs. $M = 62.18$; $p = 0.003$) and expressivity ($M = 31.56$ vs. $M = 35.58$; $p = 0.000$) also showed lower scores in the hearing loss group.

Conclusion: Individuals with hearing loss experience greater difficulties in emotional communication, and their social-emotional expertise is adversely affected. These findings highlight the need for strategies and interventions to improve social and emotional communication skills, enhancing their social interactions and fostering healthier emotional relationships.

Keywords: Emotional Communication, Hearing Loss, Social Emotional Expertise

OP15

Investigation of Walking Speed in Individuals with Age-Related Hearing Loss

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Purpose: Hearing loss is common in elderly individuals, affecting physical, cognitive, and psychosocial functions. Age-related hearing loss is linked to balance disorders, fall risk, social isolation, depression, and cognitive decline. This study examines the relationship between walking speed, physical functionality, and social interaction in individuals with age-related hearing loss. The objective is to assess walking speed in senior adults utilizing hearing aids as a result of age-related auditory impairment.

Methods: Our study, approved by the KTO Karatay University Ethics Committee (decision number 2023/037), included 60 individuals aged 65 and over, with or without hearing loss. Participants were divided into two groups: 30 with hearing loss using a device (CK) and 30 without hearing loss (IKO). Inclusion criteria included the absence of age-related balance issues and acoustic trauma. Exclusion criteria included neurological, vestibular, or surgical ear conditions. Data were collected through sociodemographic information, 4-meter walking speed, Timed Up and Go Test, 30-second Sit-to-Stand Test, and the Participation Questionnaire (TKA-R).

Results: In the device-using group, a strong negative relationship was found between the Timed Up and Go Test and social participation ($r = -0.548$, $p = 0.002$), while in the non-device group, the relationship was weaker and not significant ($r = -0.421$, $p = 0.021$). Additionally, the 4-meter walking speed test showed a strong positive relationship with social participation in the device group ($r = 0.775$, $p = 0.000$), while the relationship was weaker in the non-device group ($r = 0.350$, $p = 0.058$). These findings suggest that hearing aid use may improve physical performance and social participation in older adults.

Conclusion: The relationship between physical performance and social participation is stronger in individuals using hearing aids, highlighting their positive impact on quality of life. In contrast, the relationship was weak in the non-device group. This suggests that hearing aids not only address hearing loss but also enhance social interaction and physical health. It is recommended to encourage hearing aid use and develop integrated health and social participation programs for older adults with age-related hearing loss.

Keywords: Age-Related Hearing Loss, Hearing Aids, Hearing Loss, Physical Performance, Social Interaction

OP16

Speech Therapy - Part of the Rehabilitation in Neurodegenerative Diseases

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Purpose: Neurodegenerative diseases affect the central nervous system and are characterized by progressive loss of neurons in specific areas of the brain, which generate multiple consequences—motor, sensory and cognitive. The most common disorders are related to communication and swallowing (dysarthria and dysphagia). Dysarthria is expressed in unclear or difficult articulation, changes in voice, bradylalia, tachylalia, and other speech abnormalities. Dysphagia is manifested by difficulties chewing, bolus formation, swallowing and an increased risk of choking, as well as atypical sensations during eating and drinking. Among the cognitive disorders, aphasia, apraxia and agnosia stand out, which manifest as difficulties finding words, constructing sentences, understanding speech, the correct positioning of the mouth for pronunciation and interpreting visual, auditory or tactile stimuli. To demonstrate the positive impact of speech therapy intervention on the quality of life in patients with neurodegenerative diseases.

Methods: Analysis of existing literature on speech therapy rehabilitation in patients with neurodegenerative diseases.

Results: To overcome the disorders, it is recommended to implement strategies aimed at improving communication and oral motor skills. It is recommended to expand the rehabilitation program by including activities that stimulate attention, perception, memory, and language, in order to slow down neurodegenerative processes.

Conclusion: It is necessary for the speech therapy role to be more widely represented in the multidisciplinary team, which will contribute to the functional improvement of communication and quality of life of patients.

Keywords: Dysarthria, Dysphagia, Neurodegenerative Diseases, Quality Of Life, Speech Therapy

OP17

Radiotherapy-Related Xerostomia, Dysphagia, and Malnutrition in Head and Neck Cancer: A Prospective Study from Greece

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Purpose: Radiotherapy (RT) is a cornerstone in the treatment of head and neck cancer (HNC), yet it frequently results in xerostomia and dysphagia, which severely impact patients' quality of life (QoL) and nutritional status. To investigate the incidence and impact of RT-induced xerostomia, dysphagia, and subsequent malnutrition in HNC patients in Greece.

Methods: A prospective study was conducted involving 66 HNC patients receiving RT and 67 healthy controls. Validated patient-reported outcome tools were used: the MD Anderson Dysphagia Inventory (MDADI), Xerostomia Inventory (XI), and the Patient-Generated Subjective Global Assessment Short Form (PG-SGA SF). A subgroup analysis was performed on 44 patients aged 65–75 undergoing curative-intent intensity-modulated radiotherapy (IMRT).

Results: Significant associations were found between RT-induced xerostomia, dysphagia, and malnutrition. In the subgroup, mucositis (Grade 1–2) was observed in 84% (n=37), with six patients requiring temporary RT interruption. Xerostomia (Grade 1–2) occurred in 95% (n=42), with two cases of Grade 3. Mild dysphagia was predominant, though nasogastric feeding was necessary in select cases. There were no cases of hematologic toxicity or treatment-related mortality. Treatment response included 14 complete and 28 partial responses.

Conclusion: The study highlights the clinical burden of xerostomia and dysphagia in HNC patients undergoing RT and their correlation with malnutrition. Advanced RT modalities like IMRT show promise in reducing toxicity. RT-induced toxicities significantly affect nutritional and functional outcomes in HNC patients. Optimizing RT techniques and implementing supportive care measures are essential to improve patient QoL and reduce long-term complications. Continued research on radioprotective strategies is imperative.

Keywords: Dysphagia, Head and Neck Cancer, Malnutrition, Radiotherapy, Xerostomia

OP18

Evaluation of Language, Speech and Communication Skills of Children with Primary School Adaptation Problems

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Purpose: While starting primary school is one of the turning points in life for every child, adapting to primary school may be more difficult for some children. Adaptation problems may be associated with inadequacies in language and communication skills. The aim of this study was to evaluate the language and communication skills of children who were reported by their teachers to have adjustment problems in primary school.

Methods: The study was conducted with 30 students aged between 66-84 months in İstanbul. Turkish School Age Language Development Test (TODIL) and the Turkish Pragmatic Language Skills Inventory (PDBE-TV) were administered.

Results: The results of the study showed that children with primary school adjustment problems had significant deficits in language and communication skills. In the TODIL composite scores, more than half of the students (17 students) showed below average performance in listening skills. Similarly, 16 students performed below average in organising skills, 14 students in speaking skills, 17 students each in grammar and comprehension, and 17 students in oral language skills. It is particularly noteworthy that 13 students performed very poorly in organising. The PDBE-TV results also showed a similar trend. Fifteen students showed below average performance in classroom interaction skills, 19 students in social interaction skills and 18 students in personal interaction skills. It was observed that deficiencies in social interaction were more prevalent.

Conclusion: The results of the study revealed that the majority of children who had problems with adaptation to primary school showed deficiencies in language, speech and communication skills. Especially low performance in listening, organising and social interaction skills may be one of the main reasons for the difficulties these children have in adapting to the school environment. Individual support programmes should be implemented to improve the language and communication skills of children with adjustment problems.

Keywords: Communication Abilities, Comprehensive Evaluation, Language Skills, Primary School Adaptation Problems, Speech And Language Therapy

OP19

Speech Therapy as Part of a Holistic Approach in the Treatment of Multiple Sclerosis

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Purpose: Multiple sclerosis is a socially significant neurodegenerative disease for which currently there is no cure. The therapeutic process is complex and includes a combination of traditional and alternative approaches aimed at controlling the disease, controlling symptoms and improving the quality of life of patients. Part of the holistic approach is the application of speech therapy, which plays a key role in preserving the communicative function of speech, supporting the functional independence of people with multiple sclerosis. To show how the integration of speech therapy with alternative methods leads to better results in the patients' treatment and quality of life.

Methods: By analyzing modern scientific data and clinical practices, the importance of the holistic approach is emphasized in rehabilitation and in speech therapy in particular, as a means of improving the speech function of patients with multiple sclerosis. The main findings show that integrating speech therapy with alternative treatments leads to better outcomes in communication and functionality.

Results: The analysis of modern scientific data and clinical practices show that alternative treatments and their integration with speech therapy leads to improvement and preservation of communication and functionality of patients.

Conclusion: A holistic approach to rehabilitation, including speech therapy and alternative methods, is vital to optimizing care for patients with multiple sclerosis. It is necessary to create multidisciplinary teams of specialists with the participation of a speech therapist, in order to maintain the patients' well-being.

Keywords: Alternative Approaches, Communication, Holistic Approach, Multiple Sclerosis, Speech Therapy

OP20

Peculiarities in Recovery of Connected Speech in Patients with Post-traumatic Aphasia as a Consequence of Severe Craniocerebral Trauma

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Purpose: The consequences of traumatic brain injury are a serious health problem, affecting a relatively large population of young people as a result of increasing trauma. Severe traumatic brain injury (TBI) is a complex, multifaceted clinical condition that usually results in severe disability, manifested by multiple neurological, cognitive, communicative, and behavioral deficits. From a speech therapy point of view, post-traumatic disabilities are characterized by communication disorders of varying severity and manifestation, covering different levels of speech organization – phonetic, morphological, lexical, grammatical and semantic. Posttraumatic aphasia is an acquired speech disorder, distinguishing it from other forms of aphasia, a consequence of diffuse brain damage to the brain in the dominant hemisphere, characterized by disorders of different language modalities and the processes of language encoding and decoding. To evaluate the effect of intensive speech therapy on the functional level of connected speech in patients with aphasia in the post-acute stage of traumatic brain injury (TBI), in a period of 6-8 months from their discharge from a medical clinic.

Methods: The study included a total of (n=7) (M-6 F-1) patients aged 17 to 45 years in the period 2023-2025. Patients were assessed for their level of communication skills with the "Goodglass and Kaplan-Boston Test" at the start of speech therapy and at the end of the study period. In none of the participants was there evidence of premorbid neurological or psychiatric disease, use of narcotic and narcotic substances before TMU.

Results: When assessing communicative skills, the following types of aphasia were distinguished: anomic, transcortical motor and transcortical sensory. After the logopedic therapy, positive changes were registered in the development of language and cognitive processes, with anomic disorders at the level of word, phrase and understanding of perceived speech being most quickly affected. The associated speech is restored the slowest in all its aspects, which affects the functionality of the language skills related to the social functioning of the individual.

Conclusion: The period of 3-9 months after experiencing the severe craniocerebral trauma provides optimal opportunities

for restoring communication skills in the process of speech therapy. After the sixth month, the therapeutic focus should be on the development of functional communication skills and the development of independent connected speech.

Keywords: Aphasia, Connected Speech, Communication, Functionality, Traumatic Brain Injury

OP21

Developing and Evaluating a Tool for Emotional Congruence and Its Relevance to Theory of Mind

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Purpose: Theory of Mind (ToM) refers to the cognitive ability to understand, interpret, and predict people's behavior, emotions and more. This skill is essential for effective communication and social interaction. The purpose of this study was to develop an instrument to assess a specific component of ToM, namely the ability to perceive and interpret emotional congruence and dissonance, in typically developing children and children with Autism Spectrum Disorder (ASD). Expert feedback was sought to assess the initial suitability and potential reliability of the instrument.

Methods: We identified 8 basic emotions (happiness, sadness, fear, anger, surprise, disgust, trust, and anticipation) and created 16 sentences based on these emotions. For each emotion:

- 1 sentence reflected the emotion both in content and expression (congruent).
- 1 sentence had a mismatch between the content and the expressed emotion (incongruent).

To ensure the appropriateness of the sentences, Slp, linguistics and psychology specialists evaluated how well each sentence represented the desired emotion by using a 5-point Likert scale (1=Not appropriate at all, 5=Completely appropriate). Based on their feedback, the sentences have been corrected. Videos containing a total of 16 sentences were recorded by a male and a female professional theatre actor. In the videos, the theatre actors read the sentences in two different ways: consonant and dissonant, resulting in 32 video recordings. These recordings were presented to 100 participants (teachers and students of the Slp Department). Participants answered two questions for each video:

- 1 "Which emotion do you think this sentence reflects?"
- 2 "How appropriate do you think this recording is in reflecting the intended emotion?"

Results: The survey findings will be analyzed accurately using frequency analysis, percentage distributions and reliability analysis. The results will provide insights into the accuracy of emotion recognition, the impact of fit/dissonance, and the suitability of the tool for future ToM-related interventions.

Conclusion: After analyzing the survey data and obtaining expert opinions, the evaluation tool will be finalized and the pilot study phase will be started with children with typical development and ASD diagnosis.

Keywords: Autism Spectrum Disorder, Speech and Language Therapy, Theory of Mind

OP22

Developing Project Management Skills in Future Speech Therapists

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Purpose: The specialty of speech therapy was established at Varna Medical University in 2017. In line with the European Skills Agenda and the EU Recommendations for Key Competences for Life-Long Learning and in view of the prospective prioritized investment in human capital, the curriculum includes a course in project management to equip the students with skills needed in their future professional career. To study the skills and competences specified in the qualification characteristic and job description for speech therapists and evaluate the students' feedback from the course design and acquired skills.

Methods: A total of 96 students in the Bachelor programme for the last 3 academic years at Varna Medical University were given the assignment to develop in groups a project on a problem identified by them in the field of speech therapy. The process was carefully guided and graded, working out the consecutive steps in the logical framework of the designed project. The final assessment of the outcome and the course feedback demonstrated the mastered skills and the application of the required theoretical knowledge in everyday speech therapy practice.

Results: The skills and competences developed in project work involve problems identification and prioritization, clear formulation of the project title and the problem, argumentation, identification of the sources of financing, logical framework, time frame and timetable, budget, planning of activities and sustainability measures, etc. During the learning process soft skills are also enhanced such as negotiating, team work, critical thinking, research and work with statistics and other sources

of information, communicative and presentation skills. The students' feedback show definite approval of the project-based activities as very useful for the development of their professional skills and directly applicable in their practice.

Conclusion: When developing a project management course, starting with the needed skills is of crucial importance. Speech therapists work with diverse target groups with complicated problems and therefore, they are part of multidisciplinary teams applying an array of skills. The project-based learning can be effectively applied to other disciplines and specialties.

Keywords: Project Management, Project-based Learning, Skills and Competences, Speech Therapy Students

OP23

Speech and Language Therapists' Approaches and Practices in Addressing Theory of Mind in Therapy

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Purpose: Theory of mind includes skills associated with understanding the thoughts, feelings and beliefs of others. These skills are closely related to language and literacy development and play a crucial role in communication. Given this connection, assessing and supporting theory of mind skills is particularly important for individuals with communication difficulties. Speech and language therapists are healthcare professionals who provide services to individuals of all ages experiencing communication difficulties. The aim of this study is to investigate how speech and language therapists incorporate theory of mind skills into their therapy processes when working with individuals with communication difficulties.

Methods: A total of 161 speech and language therapists participated in the study (Female=131; Male= 30; Mean age=24.5). A survey assessing participants' approaches and therapy practices related to theory of mind skills was translated into Turkish by the researchers and administered online. The data were then analyzed using the SPSS 25 software package program.

Results: Participants reported targeting theory of mind skills most frequently in cases of social pragmatic disorder (n=134), developmental language disorder (n=125), and autism spectrum disorder (n=125); while targeting them the least in cases of hearing loss (n=12) and speech sound disorder (n=22). Only 37.90% (n=61) of the participants stated that they incorporated theory of mind skills into therapy using children's books. The most commonly preferred practices for addressing theory

of mind goals included hypothetical scenarios with/without pictures, role-playing activities, and modeling strategies.

Conclusion: It is believed that speech and language therapists' therapy practices for supporting theory of mind goals should be diversified. Various approaches can be incorporated to educational content, such as integrating theory of mind skills with literacy development through storybooks.

Keywords: Language Intervention, Literacy, Speech and Language Therapy, Theory of Mind

OP24

Burnout Levels of SLT Students: A Qualitative Study

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Purpose: Burnout is a multidimensional syndrome encompassing emotional exhaustion, depersonalization, and reduced personal accomplishment. While extensively studied among practicing health professionals, the phenomenon remains underexplored among students, especially those in clinically demanding fields such as speech and language therapy (SLT). This study seeks to provide insight into the lived experiences of burnout among SLT students, whose education requires a challenging combination of academic rigor, emotional labor, and clinical immersion. The aim of this study is to explore how SLT students experience, perceive, and cope with burnout during their training, and to identify the emotional, academic, and institutional triggers contributing to this phenomenon.

Methods: A qualitative research design was employed using semi-structured interviews with four SLT students—each representing a different academic year (1st through 4th). Thematic analysis was conducted on transcribed data using an inductive approach to identify recurring patterns and themes.

Results: Four major themes emerged: (1) Emotional Burden and Fatigue, (2) Institutional Pressure and Curriculum Load, (3) Loss of Hope and Academic Dissociation, and (4) Need for Support and Coping Mechanisms. The results highlighted both internal and systemic contributors to burnout, as well as the students' varied coping strategies, ranging from informal social support to emotional withdrawal.

Conclusion: Burnout in SLT students is a complex, multifactorial issue that requires structural changes in academic scheduling,

access to psychological support, and incorporation of mental health education. Institutions are encouraged to implement hope-based interventions, mentorship programs, and qualitative feedback mechanisms to foster long-term well-being and professional sustainability.

Keywords: Burnout, Qualitative Research, Speech and Language Therapy Students, Thematic Analysis

OP25

Evaluation of A Patient Who Had Hemorrhage At Brainstem with The Risk of Aphasia: A Case Study

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Purpose: Aphasia is a language disorder often caused by brain damage. This case study evaluates a 48-year-old male with a history of brainstem hemorrhage, initially suspected of having aphasia. Aim of this study is to evaluate the language, cognitive, and motor abilities of the patient and assess the risk of aphasia.

Case: The patient experienced a brainstem hemorrhage in 2021, leading to speech, feeding, and motor difficulties. After his brainstem surgery, the patient underwent aphasia-related evaluations at the hospital and received several therapy sessions. He later underwent language and cognitive assessments including 'Language Assessment Test for Aphasia' (ADD), 'Montreal Cognitive Assessment Scale' (MoCA), 'Pyramid and Palm Trees Test' (PPAT), 'Aphasia Impact Questionnaire' (AIQ-21-TR), 'Eating Assessment Tool' (EAT-10), and oral motor evaluations.

Results and Conclusion: In conclusion, the patient does not have aphasia. Findings support a diagnosis of ataxic dysarthria. No language intervention is needed, though motor speech therapy and pragmatic support are recommended.

Keywords: Aphasia, Ataxic Dysarthria, Cognition, Hemorrhage At Brainstem, Language

OP26

Effect of Early Cochlear Implantation Timing on Phonological Skills and Consonant Accuracy: A Comparative Study of Implantation Ages 12-18, 18-24 and 24-30 months

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Purpose: In the literature, the critical phase of cochlear implantation for language and speech has been extensively discussed. However, there has been no in-depth research on the consonant accuracy and development of phonological skills in Turkish-speaking children with early cochlear implants. This study aimed to evaluate and compare on the correct consonant production rate and development of phonological skills of children with congenital severe and profound sensory neural hearing loss who underwent cochlear implantation at different ages (12-18 months, 18-24 months and 24-30 months and to compare these skills with their typically hearing peers.

Methods: The study included 45 children (32 male and 13 female) who had undergone cochlear implantation at 12–18, 18–24, or 24–30 months of age and were 5–7 years old at the time of data collection. Additionally, a control group of 15 children (7 male and 8 female)

with typical hearing, also aged 5–7 years, was included. “Turkish Articulation and Phonology Test (SST)” were used to assess phonological processing skills, correct consonant percentages, and related severity of speech sound disorders.

Results: The analysis of the data revealed that correct consonant percentages were significantly higher in children <18 months of age who underwent cochlear implantation than children who underwent cochlear implantation at a later age ($p<0.008$). Furthermore, it has been observed that children with cochlear implants aged 24-30 months perform phonological processing more frequently than children with cochlear implants earlier ($p<0.008$). However; it was also found that children with implantation at <18 months still underperformed in correct consonant percentages and phonological development compared to their peers with typical hearing skills.

Conclusion: This study provides evidence that despite early cochlear implantation, children with severe to profound hearing loss remain at risk for difficulties with consonant accuracy and phonological development. Even when they receive a cochlear implant at an early age, these risks persist. As a result, these children are more prone to speech sound disorders. Therefore,

physicians and other healthcare professionals should refer these children for detailed assessments not only of their language skills but also of their speech sound skills.

*This study was derived from master’s thesis titled “Examining the effect of early cochlear implantation age on speech sound disorder severity and speech intelligibility level”.

Keywords: Age of Cochlear Implantation, Correct Consonant Production, Phonological Processes, Speech Sound Disorders

OP27

Comparing Peer Bullying Behaviors and Being a Victim of Peer Bullying in Adolescents Who Stutter

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Purpose: Peer bullying is a type of aggression and is considered an international public health problem among school-age children. Additionally, children and adolescents who stutter are considered to be at risk of experiencing peer bullying. The first aim of this study was to compare the rates of exhibiting and experiencing peer bullying between adolescents who stutter and those who do not. Another aim was to examine the possible relationships between the percentage of stuttered syllables in adolescents who stutter and their scores on the Peer Bullying Scale Adolescent Form.

Methods: A total of 52 individuals (mean age: 13.562 ± 2.089) participated in the study, including 26 adolescents who stutter and 26 adolescents who do not stutter, matched for age and gender. The proportion of girls in the study was 17.3%, while the proportion of boys was 82.7%. The Peer Bullying Scale Adolescent Form was used as the data collection tool. In addition, stuttering frequencies were calculated from speech samples of at least 400 syllables taken from adolescents who stutter. Data analysis was conducted using the IMB SPSS V23 program.

Results: The analyses revealed that adolescents who stutter had significantly higher scores in the physical ($p=0.029$) and total ($p=0.018$) sub-dimensions of the victim scale, which assesses bullying victimization, compared to adolescents who do not stutter. In addition, adolescents who stutter scored significantly higher in the verbal sub-dimension of the bullying scale, which measures bullying behavior, compared to their peers who do not stutter ($p=0.018$). Positive moderate correlations were

observed between the percentage of stuttered syllables in adolescents who stutter and certain subtests of both the victim and bully scales.

Conclusion: Future studies with larger sample sizes and additional psychosocial variables may provide more comprehensive insights. It is also recommended that therapy programs addressing the social effects of stuttering in adolescents be developed, incorporating bullying intervention when necessary.

Keywords: Adolescents, Bullying, Peer Bullying, Peer Relationships, Stuttering

OP28

Serious Games as Intervention Tools for Children with Dyslexia: A Systematic Review

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Purpose: Dyslexia is the most prevalent specific learning disorder, primarily affecting reading fluency, spelling accuracy, and phonological processing. Serious games—interactive digital applications designed for educational and therapeutic use—have gained increasing attention as innovative tools for supporting interventions in children with dyslexia. Their engaging and personalized design offers a dynamic platform for reinforcing language and cognitive skills. This systematic review aims to evaluate the effectiveness of serious games as intervention tools for children with dyslexia. It categorizes the games based on their educational functions, types of exercise, and desired learning outcomes while analyzing their effects on literacy development and cognitive performance.

Methods: The review adhered to the PRISMA 2020 guidelines. We systematically searched electronic databases, including Scopus, PubMed, ScienceDirect, and IEEE Xplore, for publications from 2014 to 2024. Initially, we identified a total of 38 studies. After removing duplicate articles, we evaluated the titles and abstracts, and subsequently reviewed the full texts. Ultimately, we retained 20 articles that met the required criteria. Only articles in English that focused on serious games as interventions for children with dyslexia were included.

Results: Research findings indicate that serious games can significantly enhance literacy-related skills, particularly decoding, phonological awareness, and oral reading fluency. Games such as Super Alpha, Meister Cody, and GraphoLearn were associated with notable improvements in these areas. Moreover, other games like the Mario-style Game and DixGame demonstrated benefits in attention, working memory, and vocabulary development. Across studies, high levels of

engagement and motivation were consistently reported, supporting the potential of game-based learning to foster sustained participation and incremental skill acquisition.

Conclusion: Serious games represent a promising and adaptable approach to dyslexia intervention, offering multisensory, motivating experiences that support individualized learning. While current evidence highlights their positive effects on literacy and cognitive functions, further high-quality, controlled studies are essential to validate these findings and explore long-term outcomes.

Keywords: Cognitive Training, Dyslexia, Prisma 2020, Reading Disorders, Serious Games

OP29

Traditional Methods Used for Infertility Treatment

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Purpose: Infertility is defined as the inability to achieve or maintain a pregnancy despite regular sexual intercourse without the use of any contraceptive methods for at least one year. Infertility can lead to depression, anxiety, social isolation, sexual dysfunction, and a decrease in quality of life. During this process, couples may use various traditional methods influenced by their culture to reduce stress levels. Due to their low cost, traditional methods may sometimes be preferred before seeking medical treatment. This study was conducted in a descriptive and correlational design to determine the use of traditional methods and attitudes toward traditional complementary medicine among individuals undergoing infertility treatment.

Methods: This research was conducted in a descriptive and relational-seeking manner. It was carried out at the in vitro fertilization center of a private hospital in Istanbul between February 2023 and June 2023. A total of 341 individuals participated in the study, including 233 infertile women and 108 men. The data were collected using a demographic information form and the Traditional and Complementary Medicine Attitude Scale.

Results: It was determined that more than half of the participants used traditional methods. The most commonly used traditional methods included spirituality and prayer (%51.50), onion cure (%17), phytotherapy (%16), cupping therapy (%16.5), and fig cure (%16). Additionally, food products such as honey (%14.90), carob molasses (%12.40), and avocado (%11.30) were also frequently preferred. Factors affecting the

total score of the Traditional and Complementary Medicine Attitude Scale included individuals' education, family structure, income level, and consanguineous marriage. It was observed that participants had a positive attitude toward Traditional and Complementary Medicine.

Conclusion: Infertile individuals should be educated by healthcare professionals about the benefits and potential risks of traditional treatment methods. Nurses specializing in infertility should be made aware of traditional and complementary medicine methods. Research should be conducted on the effects of traditional and complementary medicine methods on infertility and pregnancy, as well as on the conditions in which they should be used, and application protocols should be developed accordingly.

Keywords: Complementary Medicine, Infertility, Pregnancy, Traditional Methods

OP30

An Assessment of University Students' Behaviors Concerning the Prevention of Sexually Transmitted Infections

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Purpose: Sexually transmitted infections (STIs) cause significant health problems worldwide. These infections can negatively affect individuals' physical, psychological, and social well-being. Conscious sexual behaviors and protective measures play a crucial role in preventing the spread of infections. It is especially important to increase the awareness and knowledge levels of university students, who are in the young adult group, and to encourage them to avoid risky behaviors regarding sexual health. This study was planned to determine the behaviors of university students regarding the prevention of sexually transmitted infections.

Methods: The sample of the study consisted of a total of 283 students studying at the Faculty of Health Sciences at Biruni University in Istanbul, including 238 females and 45 males. The data were collected via Google Forms using the Scale of Behaviours for Protection from Sexually Transmitted Diseases (STD-SCS)

Results: Among the participants, 84.10% were female and 15.90% were male. The mean age of the students was 20.99 ± 2.31 . The mean total score of the Sexually Transmitted Infections Prevention Behavior Scale (STIPBS) was 79.99 ± 12.37 . The mean score of the Knowledge and Prevention subscale was

56.10 ± 9.71 , and the mean score of the Attitude subscale was 23.89 ± 3.91 . The minimum score that can be obtained from the scale is 21, and the maximum score is 105. Higher scores indicate more positive behaviors related to the prevention of sexually transmitted infections. It was found that 50.50% of the students wanted to increase their knowledge about STIs, 31.80% partially wanted to increase their knowledge, 26.90% considered their knowledge sufficient, and 45.60% considered their knowledge partially sufficient. Additionally, 19.40% of the students reported being sexually active, and 17.30% stated that they used a family planning method. According to statistical comparisons; Students who wanted to increase their knowledge about STIs had higher STI prevention behavior scores compared to those who did not want to or partially wanted to increase it ($F=12.931$, $P<0.00$, b , $c<a$). Students who considered their knowledge sufficient had higher prevention behavior scores than those who did not ($F=3.162$, $P < 0.04$, $b<a$).

Conclusion: As a result of the study, it was found that university students generally exhibited positive behaviors toward the prevention of sexually transmitted infections. However, these attitudes were not entirely sufficient, and students still expressed a need to improve their knowledge. Therefore, it is recommended to increase sexual health education programs, support awareness-raising activities, and promote protective behaviors among university students.

Keywords: Prevention Methods, Risky Sexual Behaviors, Sexually Transmitted Infections, University Students.

OP31

A Comparison of Menstrual Experiences Among Women Using Different Menstrual Hygiene Products

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Purpose: Menstrual hygiene products impact women's quality of life, comfort, and health perception. Preferences are influenced by comfort, hygiene, culture, economics, and knowledge. Understanding how these factors affect satisfaction, product change desires, carrying habits, and recommendations can help women make informed choices. This study aims to compare the menstrual experiences of women using different menstrual hygiene products by examining the impact of these products on satisfaction, usage habits, and the desire to switch to another product.

Method: This randomized controlled study was conducted between 2023 and 2024 at the Büyükçekmece Family Health

Center in Istanbul with 90 women aged 18–49 who frequently used pads. Participants were randomly assigned to one control group (30 women using pads for 3 months) and two intervention groups (30 women each using tampons and menstrual cups for 3 months). A custom-designed menstrual experiences questionnaire was used to collect data, and cross-group comparisons were made to assess differences.

Results: The study showed no significant changes among pad users in terms of menstrual duration, product use, cost, satisfaction, or habits. Among tampon users, product usage decreased ($p=0.015$), but satisfaction increased ($p<0.00001$) and the desire to switch products decreased ($p<0.00001$). Menstrual cup users showed a decrease in usage frequency and carrying habits ($p<0.00001$), but achieved long-term cost savings. In intergroup comparisons, tampon and cup users had a lower desire to switch products ($p<0.00001$), while pad users were more likely to recommend their product ($p<0.00001$).

Conclusion: This study shows that menstrual product preferences affect user experiences over time. While pad users showed stable patterns, tampon and cup users had increased satisfaction and a lower desire to switch. Menstrual cup users also enjoyed long-term cost benefits. The findings suggest that product preferences are influenced by personal experience, and education should be tailored to individual needs for informed menstrual hygiene choices.

Keywords: Menstrual Hygiene, Menstrual Management, Menstrual Products

OP32

Skin Problems and Influencing Factors in Women Who Undergo Laser Hair Removal in the Genital Area

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Purpose: The primary motivation for women (70.50%) to engage in pubic hair grooming is personal hygiene and cleanliness. Other associated factors include race, being in an unmarried relationship, and higher sexual activity and function scores. Many women practice pubic grooming and even complete hair removal. Laser technologies are increasingly used for both medical and aesthetic purposes. With new laser types developed for various indications, the number and variety of complications have also risen. This study aimed to identify possible complications among women who underwent laser hair removal in the genital area.

Methods: The study was conducted at Biruni University. Volunteer women aged 18 and over who had received laser hair removal in the perineal area within the last two years or had been undergoing it for two years were included. Data were collected via a Google Form distributed on social media. A total of 115 women aged 18–56 participated. Of them, 60.9% had a bachelor's degree, 53.90% were married, and 90.40% were employed. About 83.50% received information about laser epilation from friends, and 55.70% were sexually active. Laser hair removal in the perineum was reported by 92.20%, and 87.80% had it done by a beautician or aesthetician. After the procedure, 37.40% experienced complaints; 21.70% reported a burning sensation in the perineal area.

Results: Approximately 1 in 3 of the participants who underwent laser hair removal in the genital area experienced complaints after the procedure.

Conclusions: About one-third of women who underwent genital laser hair removal experienced skin complaints, with burning being the most common. Most procedures were performed by beauticians, which may increase the risk of complications. Therefore, women should be informed about potential side effects and ensure the procedure is done by qualified professionals.

Keywords: Epilation, Genital Area, Laser Hair Removal, Perineal Area

OP33

Examining the Impact of Nurses' Ethical Attitudes on Pain Assessment

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Purpose: The aim of this study was to determine the effect of nurses' ethical attitudes on pain assessment.

Methods: The descriptive study was conducted with 194 nurses in three state hospitals in Istanbul. Data were collected face-to-face by the researchers between February 28 and April 10, 2025, using the Information Form and the Ethical Attitude Scale in Pain Management in Nursing. Data were analyzed using distribution criteria analysis, Pearson correlation analysis, t-tests, one-way analysis of variance (ANOVA), and Cronbach's alpha reliability analysis. Ethical and institutional approval were obtained prior to the commencement of the study.

Results: Of the nurses, 82.9% ($n=116$) were female and 17.1% ($n=24$) were male; 77.3% had a bachelor's degree and 67.5% had received formal training in ethics. 75.8% of the nurses

reported that they accepted pain assessment as an ethical responsibility and 76.3% reported that ethical attitudes were related to pain assessment. The mean score of the Ethical Attitude in Pain Management in Nursing Scale was 95.21 ± 8.34 (min:47- max:109). The ethical attitude in pain management scores of female nurses were significantly higher than male nurses ($p= 0.002$).

Conclusion: The study shows that nurses' awareness of ethical responsibility in the pain management process is at a very good level. The current study concluded that gender was an effective factor in nurses' ethical attitudes in pain management, while variables such as age, education, level, working style and ethics training were not effective.

Keywords: Ethical Attitude, Ethical Values, Nursing, Pain Management

OP34

The Effect of Spousal Support on Adaptation to Pregnancy During the Gestation Period

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Purpose: Adapting to the changes experienced during pregnancy is essential. Spousal support plays a crucial role in this process. Studies have shown that pregnant individuals with high levels of spousal support experience reduced anxiety, improved quality of life, and that a lack of support may be associated with lower self-esteem in pregnant individuals. This study was designed to determine the adaptation of pregnant individuals to pregnancy, the factors affecting it, and the effect of spousal support on this adaptation.

Methods: The research was conducted with 336 pregnant individuals who applied to the Obstetrics and Gynecology Outpatient Clinics of Zeynep Kamil Training and Research Hospital and Ümraniye Training and Research Hospital in Istanbul and agreed to participate in the study. Data were collected using a demographic information form, the Perceived Spousal Support Scale in Pregnancy, and the Prenatal Self-Evaluation Questionnaire.

Results: The average age of the participants was 28.35 ± 5.25 years; 35.4% had a high school education and 38.4% had a university-level education. The average gestational week was 35.45 ± 2.48 weeks, and the average number of births was 0.68 ± 0.91 . The average score obtained from the Perceived Spousal Support Scale in Pregnancy was 68.42 ± 10.12 . Sub-dimension scores were: Cognitive Support 24.34 ± 5.37 , Emotional Support 21.54 ± 3.45 , and Financial Support 22.55 ± 2.86 . The average

score from the Prenatal Self-Evaluation Questionnaire was 124.73 ± 21.79 . Sub-dimension scores were: Thoughts About One's Own and Baby's Health 21.22 ± 6.40 , Acceptance of Pregnancy 19.73 ± 4.60 , Acceptance of Motherhood Role 21.41 ± 4.87 , Preparedness for Birth 17.57 ± 4.12 , Fear of Birth 19.19 ± 4.91 , Relationship with Own Mother 12.64 ± 3.54 , and Relationship with Spouse 13.12 ± 3.68 . Comparative analysis revealed that as perceived spousal support increased, adaptation to pregnancy, acceptance of pregnancy, acceptance of the motherhood role, and readiness for birth also increased, while fear of birth decreased ($p < 0.005$).

Conclusion: The study concluded that higher perceived spousal support during pregnancy improves adaptation to pregnancy, acceptance of pregnancy and motherhood role, and preparedness for birth while reducing fear of childbirth. It is recommended that healthcare professionals educate pregnant individuals and their spouses about the importance of spousal support and assess the pregnant individual's adaptation to pregnancy.

Keywords: Adaptation, Pregnancy Adaptation, Social Support in Pregnancy, Spousal Support in Pregnancy

OP35

Determination of Family Interaction and Aggression Levels in Primary School Students: A Picture Analysis Study

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Purpose: Studies on peer bullying have shown that bullies and victims report lower levels of family support than those who do not engage in bullying. Children with warm and supportive families are less likely to be subjected to peer bullying and are better able to cope with problems that may arise after being victimized by bullying. This study was conducted to determine the levels of family interaction and aggression with the help of pictures of children.

Methods: Totally 80 children who continue their education in a public primary school and their parents were included in the study during their 2024-2025 academic year. Data were collected by using Family Descriptive Form and Family Climate Scale. Also, children were asked to draw pictures using the "Draw a Cactus" and "Draw a Family" tests. The analysis of the data collected within the scope of the research was carried out using the IBM Statistical Package for the Social Sciences (SPSS) program and descriptive statistics. In the analysis of the pictures, the evaluation was carried out by making shape interpretation within the scope of descriptive analysis.

Results: According to the results; aggression levels were higher in 1st and 4th grades and most of them were male and self-esteem was lower in 1st and 2nd grades regardless of gender. Most of the children in all age groups, regardless of gender, drew themselves next to their mothers or siblings, children rarely drew themselves, except for divorced families, most of the children drew typical family pictures.

Conclusion: Drawings provide meaningful insights into the inner worlds of children across different age groups and family backgrounds. It may be recommended that early behavioral difficulties, especially in boys during important transition stages at school, low self-esteem observed in younger grades, and the processes of adaptation to school should be addressed within the framework of school-family-student.

Keywords: Aggression, Family Interaction, Picture Analysis, Primary School Student

OP36

The Effect of Pelvic Floor Muscle Exercises on Sexual Life in Women with Overactive Bladder

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Purpose: This study, which was conducted to examine the effect of pelvic floor muscle exercises (PBME) on sexual life in women with overactive bladder.

Methods: This study was conducted with 64 women (32 women: control group, 32 women: intervention group) who applied to Erzurum City Hospital Urology Polyclinic between December 1, 2021 and December 1, 2024. The study data were collected by Personal Information Form, Urinary Diary Follow-up Form, Overactive Bladder Questionnaire (OAB-V8), Female Sexual Function Scale (FSFS), Sexual Quality of Life Scale-Woman (SQLS- W), Epidemiological Research Center Depression Scale (EAMDS), Pelvic Floor Muscle Exercise Application Follow-up Form, Digital palpation (pelvic floor muscle strength measurement). In the intervention group, PTKE (Pelvic Floor Muscle Exercise) was performed for 6 weeks with biofeedback with the Simplex Device in accordance with the given PTKE application procedure.

Results: When the data obtained at the end of the study were evaluated; the mean scores of OAB-V8, CCIQ, CYKÖ-K, EAMDS, contraction strength and muscle strength of the control group were 35.72 ± 2.77 , 20.68 ± 4.81 , 36.60 ± 27.14 , 37.78 ± 9.25 , 5.60 ± 2.34 and 0.41 ± 0.56 , while the mean values of AAM-V8, CCIQ, CYKÖ-K, EAMDS, contraction strength and muscle strength of the intervention group were 2.84 ± 4.00 ,

18.06 ± 3.58 , 81.70 ± 14.34 , 10.25 ± 11.56 , 28.41 ± 10.77 and 4.38 ± 0.71 , respectively. Statistically significant differences were found between the groups in OAB-V8, CCIQ, CYKÖ-K, EAMDS, contraction strength and muscle strength variables ($p<.05$). It was determined that the pelvic floor muscle exercise group had lower OAB symptoms, sexual dysfunction and depression and pelvic floor muscle relaxation scores, and higher sexual quality of life, pelvic floor muscle contraction strength and muscle strength scores.

Conclusion: In order to protect and strengthen women's pelvic floor health, it is recommended that women should be informed and trained for pelvic floor muscle exercise practices within the scope of health protective interventions, especially from young adulthood.

Keywords: Overactive Bladder, Pelvic Floor Muscle Exercises, Sexual Function

OP37

The Effect of Childbirth Preparation and Counseling Training During Pregnancy on Adaptation During Pregnancy and Childbirth

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Purpose: Pregnancy and childbirth require physical, psychological, and social adaptation. Prenatal education and counseling support maternal well-being, confidence, and birth experience. This study examines the impact of childbirth preparation education and counseling on pregnant women's adaptation. This research was conducted as a randomized controlled trial to determine the effect of birth preparation and counseling education on adaptation to pregnancy and the childbirth process.

Methods: It was carried out between March 2024 and October 2024 with primiparous women in the 20th to 30th week of pregnancy who attended a maternity school at a public hospital in Istanbul. The study consisted of a total of 110 pregnant women, divided into the "Basic Education and Counseling Group (BECG)" (55 pregnant women) and the "Basic Education Group (BEG)" (55 pregnant women). The BECG received birth preparation education and counseling, while the BEG received only birth preparation education. Data were collected using a "Demographic Information Form", "the Prenatal Self-Assessment Scale (PSAS)", and "the Wijma Delivery Expectancy/ Experience Scale A version (W-DEQ-A)". Data analysis was performed using SPSS for Windows 22.0 software.

Results: The study found that in both groups, during pregnancy, participants attended regular check-ups, used prescribed medications regularly, received more tetanus vaccinations, and more than half underwent the glucose tolerance test. They also practiced breathing exercises and physical activities, and most of them monitored danger signs in pregnancy. In the research, no statistically significant difference was found between the groups in the total scores of the PSAS. While a significant improvement was observed in both groups in the 'Readiness for labour' sub-dimension of the PSAS ($p<0.05$), an unexpected increase in the 'Fear of childbirth' sub-dimension was recorded in the BECG group ($p<0.05$). The W-DEQ-A scores of the BECG showed a significant reduction in birth expectations and a notable decrease in the fear of childbirth ($p<0.05$)

Conclusion: These findings suggest that birth preparation education and counseling support strengthened the psychosocial adaptation of the women, reduced their concerns about childbirth, and helped them approach the process with a more positive outlook. In conclusion, this study demonstrates that birth preparation and counseling services provided during pregnancy contribute to women's adaptation to both the pregnancy and childbirth processes.

Keywords: Childbirth Preparation Training, Counseling, Fear of Childbirth, Harmony, Pregnancy

OP38

The Effect of Intrauterine Device and Condom Use on Women's Anxiety and Quality of Sexual Life

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Purpose: The choice of contraception can have significant psychosocial impacts on women. Anxiety and sexual quality of life are crucial aspects influenced by different contraceptive methods. While intrauterine devices (IUDs) and condoms are commonly used, their effects on women's mental well-being and sexual satisfaction remain underexplored. This study aimed to investigate the effects of intrauterine device (IUD) and condom use on anxiety levels and sexual quality of life in women.

Methods: A descriptive and correlational study was conducted with 337 women: 220 first-time IUD users and 117 women whose partners used condoms. Data were collected using validated anxiety and sexual quality of life scales. Statistical analyses, including t-tests and correlation tests, were applied to determine significant differences between groups.

Results: Women using IUDs showed a significant reduction in anxiety levels and an improvement in sexual quality of life ($p<0.05$). Conversely, the condom user group experienced both a decrease in anxiety levels and a decline in sexual quality of life ($p<0.05$). Comparative analysis revealed that IUD use had a more positive impact on women's psychosocial well-being ($p<0.05$).

Conclusion: IUD use effectively reduces anxiety and enhances sexual quality of life, whereas condom use may be associated with negative psychosocial experiences. These findings highlight the importance of addressing the psychological and emotional aspects of contraception in antenatal care counseling. Future studies should explore long-term effects and potential interventions to improve sexual well-being in contraceptive users.

Keywords: Anxiety, Condom, Intrauterine Device, Quality of Sexual Life

OP39

An Irreversible Method-Opinions of Women with Tubal Ligation in Türkiye: A Qualitative Study

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Purpose: It is stated that for women who do not want to have more children, tubal ligation may be a good choice. Among the techniques used to prevent pregnancy, the most focused is on the process of cutting-connecting the tubes. This study was conducted to examine the opinions of women who use tubal ligation as a family planning method.

Methods: The qualitative study desing. The 11 women using tubal ligation as a family planning method, consisted of the study. The qualitative study conducted between January and February 2023. The opinions of women using tubal ligation about the method were collected by individual in-depth interview method using a semi-structured interview form. The data obtained from the interview were analyzed through content analysis.

Results: This qualitative study is based on data from 11 interviews about tubal ligation used by women living in Türkiye. In the article, decision making process, the effect of family planning on sexual life and belief 3 main themes were determined. It was determined that women do not want to have children again and that it is a definite method in deciding tubal ligation. It was determined that the women were very comfortable in the tubal ligation method and provided

comfort. It was determined that when women preferred tubal ligation, there were many negative environmental reactions and it contradicted their beliefs.

Conclusion: In order for family planning research and interventions to be successful in achieving equitable and rights-based access to FP, they must adopt a community- and women-centred approach, collaboratively exploring the norms, religion, and lifestyle factors surrounding FP.

Keywords: Disadvantage, Family planning, Method selection, Tubal Ligation, Qualitative

OP40

Relationship Between Perinatal Attachment and Maternal Functioning in Women Conceived Naturally and with Assisted Reproductive Techniques

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Purpose: The method by which pregnancy is achieved may influence a woman's adaptation to the motherhood process and the emotional bond established with her baby. This study examines the relationship between perinatal bonding levels and maternal functional status in women who conceived naturally and through assisted reproductive technologies. The aim of this study is to evaluate the relationship between women's perinatal bonding levels and their maternal functional status, and to determine whether this relationship differs by conception method (natural or assisted reproductive techniques).

Methods: The study was conducted with 106 volunteer women (53 women who conceived naturally and 53 women who conceived with assisted reproductive techniques) who applied to the pregnancy follow-up outpatient clinic of a private IVF center and a public hospital in Istanbul between 2021 and 2023. Pregnant women at 27 weeks of gestation and beyond were included in the study. In the prenatal period, participants were administered the Introductory Information Form, Prenatal Attachment Inventory and Depression, Anxiety and Stress Scale. Postpartum Introductory Information Form, Maternal Attachment Inventory, Barkin Maternal Functioning Inventory and Depression, Anxiety and Stress Scale were re-administered to the same women between 46-52 days postpartum. The data obtained were analyzed with SPSS 25.0 package program. Statistical significance level was accepted as $p < 0.05$.

Results: A strong positive correlation was found between prenatal depression, anxiety and stress scores of pregnant women. A weak but significant relationship was found between

prenatal and postnatal scores. Postpartum depression, anxiety and stress levels were weakly and negatively correlated with maternal functioning and attachment. Women who conceived with assisted reproductive techniques and women who experienced pregnancy loss had lower infant care scores. Maternal functioning was found to be lower in women with a history of female-related or unexplained infertility.

Conclusion: Conceiving through assisted reproductive techniques and experiencing pregnancy loss negatively impact maternal functioning and confidence in infant care. Postpartum psychological distress weakens maternal functioning and bonding. Therefore, psychosocial support is recommended during the prenatal and postnatal periods, especially for women with infertility or pregnancy loss.

Keywords: Assisted Reproductive Technologies, Maternal Functional Status, Natural Pregnancy, Perinatal Attachment, Pregnancy Experience

OP41

Investigation of Women's Awareness and Knowledge About Vaginal Flatus: A Cross-sectional Study

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Purpose: Vaginal flatus (VF) is defined as the expulsion of air from the vagina, which is often associated with factors such as vaginal delivery, pelvic surgery, and pelvic floor dysfunction. The aim of this study was to assess the of knowledge and awareness regarding VF among women.

Methods: The study included a total of 154 women. Participants' physical (age, body weight, height) and socio-demographic (educational level, menstrual status) data were collected. In addition, women's knowledge and awareness regarding VF were explored through open-ended questions. The questions were as follows: 1) What is your understanding of the term (VF)? 2) In which circumstances do you believe VF may occur? 3) Do you think VF has an impact on women's lives? 4) Do you consider VF to be an embarrassing condition?

Results: Among the 154 women, 43.50% (n=67) were aware of the term VF, while 56.50% (n=87) were unfamiliar with it. Furthermore, 32.50% (n=50) of participants were unable to identify situations in which VF might occur, while 40.90% (n=63) associated it with sexual intercourse. A total of 49.40%

(n=76) of women believed that VF could affect women's lives. In contrast, 68.20% (n=105) did not perceive VF as an embarrassing condition. The mean age, height, body weight and BMI of all women were as follows, respectively: 39.27 (years), 162.63 (cm), 68.77 (kg), 25.9782 (m²/kg).

Conclusion: Based on these findings, it is evident that a significant proportion of women possess limited knowledge regarding VF. Although VF appears to affect the quality of life, it is not generally perceived as an embarrassing condition. These results underline the importance of increasing awareness and education on VF, as it may help in reducing associated stigma and enhancing women's quality of life. We recommend the implementation of further awareness campaigns and educational programs to increase knowledge about VF among women.

Keywords: Awareness, Knowledge, Pelvic Floor, Vaginal Wind, Women's Health

OP42

The Effect of Virtual Reality on Pain, Disability, and Kinesiophobia in Individuals with Chronic Neck Pain

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Purpose: This study aimed to investigate the effects of neck exercises combined with virtual reality (VR) on pain, disability, and kinesiophobia in individuals with chronic neck pain (CNP).

Methods: Thirty female participants aged 20–55 years with non-traumatic neck pain lasting more than three months were included. Individuals with cervical range of motion less than 10 degrees, a history of cervical surgery, or radiculopathy were excluded. Participants were randomly assigned to a VR group (n=15) and a control group (n=15). Both groups followed a neck exercise program twice a week for eight weeks. The VR group received 20 minutes of VR and 20 minutes of exercise; the control group received 40 minutes of exercise per session. Pain was assessed using the Visual Analog Scale (VAS) and the Neck Bournemouth Questionnaire (NBQ); disability was evaluated using the Neck Disability Index (NDI); pain threshold was measured with a Baseline Dolorimeter; and kinesiophobia was assessed using the Tampa Scale of Kinesiophobia (TSK). Ethical approval was obtained (no: 2023.311.RB1.107).

Results: There was no significant difference in the mean age between the VR group (29.33±5.85 years) and the control group

(31.93±7.28 years) (p=0.217). Both groups showed significant improvements from pre- to post-intervention in VAS (p<0.001, p<0.001), NDI (p<0.001, p=0.001), NBQ (p<0.001, p<0.001), TSK (p=0.008, p=0.001), and pain threshold: suboccipital muscles (right: p<0.001, p=0.002; left: p<0.001, p<0.001), trapezius (right: p=0.002, p<0.001; left: p<0.001, p<0.001), and levator scapulae (right: p<0.001, p=0.001; left: p<0.001, p<0.001). However, there were no statistically significant differences between the groups (p>0.050).

Conclusion: Neck exercises with or without VR were effective in reducing pain, disability, and kinesiophobia in individuals with CNP. However, the addition of VR did not provide additional benefit. VR may still be considered as a supportive option when technological engagement is desired in physiotherapy programs. This study was supported by TÜBİTAK (grant no: 124S187).

Keywords: Chronic Pain, Disability, Exercise, Neck Pain, Virtual Reality

OP43

Evidence-Based Exercise Approaches in Chronic Obstructive Pulmonary Disease

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Purpose: The objective of this review is to evaluate the effectiveness of evidence-based exercise training approaches in COPD patients. The review compares the impacts of different exercise modalities, including aerobic, resistance, inspiratory muscle training (IMT), high-intensity interval training (HIIT), and upper limb exercises, on patient symptoms, exercise capacity, and quality of life. Furthermore, the effectiveness of home-based and tele-rehabilitation models compared to traditional hospital-based programs is examined.

Methods: This review synthesizes findings from international guidelines (GOLD, ATS/ERS), meta-analyses, and randomized controlled trials (RCTs). Aerobic exercise is strongly associated with significant reductions in dyspnea and fatigue. HIIT provides substantial improvements in maximal oxygen uptake and overall exercise capacity. Resistance exercises significantly enhance muscular strength, daily functional activities, and quality of life. IMT effectively strengthens respiratory muscles, reduces perceived breathlessness, and increases exercise endurance. Upper limb exercises improve functional performance for tasks involving the arms. Additionally, recent evidence highlights the importance of balance exercises in reducing fall risk and the promising role of virtual reality in enhancing functional capacity. Home-based and tele-rehabilitation programs have demonstrated comparable efficacy to hospital-based programs,

offering significant benefits in terms of accessibility and cost-effectiveness.

Conclusion: Evidence-based exercise training in COPD is strongly endorsed by international guidelines and supported by robust clinical trials. Personalized and continuously monitored combined exercise programs targeting cardiorespiratory fitness, musculoskeletal strength, and balance yield the most comprehensive symptom management outcomes. Incorporating home-based and tele-rehabilitation approaches into clinical practice is recommended, particularly for improving rehabilitation accessibility for patients with limited resources or geographical constraints.

Keywords: COPD, Exercise, Quality of Life, Rehabilitation, Tele-rehabilitation

OP44

Effectiveness of Motor Imagery and Action Observation in Parameters of Sport Performance: A Systematic Review

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Purpose: This systematic review aims to investigate the existing literature on the effects of MI, AO, and the combined use of both methods on sportive performance in healthy athletes.

Methods: This study was conducted following the PRISMA guideline statement. Randomized controlled studies published between January 2000 and May 2024 in PubMed, Web of Science, MEDLINE, Scopus, and Cochrane Library were included. Eligible studies were independently reviewed by two reviewers. Quality assessment was performed using the PEDro scale and Cochrane Risk-of-Bias Tool. Nine studies with a total of 339 participants were analyzed.

Results: Four studies combined MI and AO methods, while five implemented MI training alone. Performance parameters such as speed, reaction time, sport-specific performance, strength, power, and oxygen consumption were assessed. Eight studies showed significant improvements, while one study using a single MI session found no change in oxygen consumption.

Conclusion: MI, AO, and their combination provide significant benefits in sports performance, including speed, reaction time, and strength. Although promising, the most effective protocol

for enhancing sports performance remains unclear, and further research is needed.

Keywords: Action Observation, Athlete, Motor Imagery, Sport, Sport Performance

OP45

Effects of High-Intensity Resistance Versus Aerobic Training Among Women with Polycystic Ovarian Syndrome

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Purpose: The current study aimed to compare the effects of high-intensity resistance versus aerobic training on anthropometrics, menstrual regularity, and clinical symptoms of PCOS.

Methods: A randomized controlled trial was conducted from November 2022 to April 2023 at Riphah Rehabilitation Center, Islamabad. Sixty female university students (aged 18–30 years) not using medication or engaged in structured physical activity were randomly assigned to a High-Intensity Resistance Group (HIRG) or a High-Intensity Aerobic Group (HIAG) for 12 weeks. Assessments including anthropometric measures, clinical symptoms, and hormonal analyses (LH, FSH) were performed at baseline and every four weeks. Data analysis was conducted using SPSS-21.

Results: Between-group analysis revealed significant improvements in weight, BMI, waist circumference, body hair, menstrual regularity, and LH levels ($p < 0.05$), but not in WHR, FSH levels, or LH/FSH ratio. Within-group analysis for both groups showed highly significant improvements across all outcomes ($p = 0.000$).

Conclusion: High-Intensity Resistance Training (HIRT) offers greater clinical benefits than High-Intensity Aerobic Training (HIAT) for women with PCOS. HIRT improves body composition, menstrual regularity, and hyperandrogenism symptoms, and helps regulate LH levels. Future studies should adopt holistic approaches by integrating physical, hormonal, and psychological assessments to optimize PCOS management strategies.

Keywords: Body Image, Fertility Issues, Hormonal Imbalances, PCOS Interventions, Women's Health

OP46

The Effect of Acupressure on Symptoms in Office Workers with Chronic Fatigue Syndrome

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Purpose: This study aimed to evaluate the effectiveness of acupressure in reducing fatigue severity and improving quality of life in office workers diagnosed with CFS.

Methods: A randomized controlled trial was conducted with 39 participants (28 women, 11 men; mean age 29.54 ± 1.27). Participants were assigned to treatment (n=20) and control (n=19) groups. The acupressure group received 10 acupressure sessions over four weeks, targeting specific acupoints (Li4, HT7, L9, P6, Gb20, Anmian, Du20, Yin-Tang, Sp6). Each session lasted 30 minutes, with 30–90 seconds of stimulation per point until dizziness was felt. The control group received no treatment. Fatigue severity was measured using the Fatigue Severity Scale (FSS), quality of life using the Short Form-36 (SF-36), and depressive symptoms using the Beck Depression Scale (BDS). Data were analyzed using SPSS 22.0.

Results: The acupressure group showed a significant reduction in fatigue severity ($p=0.009$), while the control group exhibited an increase. Additionally, significant improvements were observed in depressive symptoms ($p=0.000$) and quality of life subdomains, including physical function ($p=0.020$), physical role difficulty ($p=0.002$), emotional role difficulty ($p=0.007$), energy ($p=0.002$), and mental health ($p=0.050$).

Conclusion: Acupressure is an effective and accessible method for alleviating CFS symptoms in office workers. Future research should explore long-term effects and potential mechanisms underlying these benefits.

Keywords: Acupressure, Chronic Fatigue Syndrome, Depression, Fatigue, Quality of Life

OP47

The Impact of Pain Catastrophizing on Pressure Threshold, Body Awareness, Emotional Status and Physical Function in Older Adults with Chronic Musculoskeletal Pain: Preliminary Results

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Purpose: The aim of this study was to show the impact of pain catastrophizing on pressure threshold, body awareness, emotional status, and physical function in older adults with chronic musculoskeletal pain.

Methods: In this cross-sectional study, thirty-six (9 men and 27 women; mean age: 72.61 ± 5.75 years) older adults aged 65 years and older with chronic musculoskeletal pain were assessed for pressure threshold using an algometer, level of pain catastrophizing (Pain Catastrophizing Scale), body awareness (Body Awareness Questionnaire), emotional status (Geriatric Depression Scale), and physical functionality (Short Physical Performance Test Battery).

Results: The mean pressure threshold was 6.01 ± 2.47 kg/cm². The relationship between level of catastrophizing and pain thresholds is not statistically significant ($r=0.249$, $p=0.097$). A positive significant moderate relationship was found between the level of pain catastrophizing and emotional level ($r=0.535$, $p=0.014$). A negative moderate relationship was found between the level of pain catastrophizing and body awareness ($r=0.454$, $p=0.022$). A negative weak relationship was also found between the level of pain catastrophizing and physical function, but it was not statistically significant ($r=0.240$, $p=0.108$).

Conclusion: The results of this study showed that pain catastrophizing affected body awareness and emotional state in older adults with chronic musculoskeletal pain. In conclusion, pain catastrophizing should be considered in the pain management of older people with chronic musculoskeletal pain.

Keywords: Body Awareness, Chronic Pain, Emotional Level, Physical Function, Pressure Threshold

OP48

Relationship Between Pelvic Floor Awareness, Health Literacy and Healthy Lifestyle Behaviors Among University Students

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Purpose: The aim of this study was to examine the relationship between pelvic floor awareness and health literacy and healthy lifestyle behaviors among university students.

Methods: The study included 80 healthy university students aged 17–29 years (age=20.06±2.52 years, BMI=23.05±4.99 kg/m², F=50 and M=30). The subjects' awareness about pelvic floor health was assessed with the Pelvic Floor Health Knowledge Quiz (PFHKQ), their health literacy with the Health Literacy Questionnaire (HLQ), and their healthy lifestyle behaviors with the Health-Promoting Lifestyle Profile II (HPLP-II).

Results: There were moderate positive correlations between the PFHKQ total score and the HLQ total score ($r=0.415$, $p=0.001$); and weak positive correlations with the sub-dimensions of the HLQ: access to health information ($r=0.390$, $p=0.001$), understanding health information ($r=0.310$, $p=0.042$), appraisal of health information ($r=0.390$, $p=0.001$) and application of health information ($r=0.370$, $p=0.001$). The PFHKQ sub-dimensions (dysfunction, risk etiology, diagnosis-treatment) were weakly and significantly positively correlated with HLQ sub-dimensions ($r=0.190-0.370$, $p<0.05$). Additionally, weak but significant positive correlations were found between the PFHKQ total score and the HPLP-II total score ($r=0.240$, $p=0.038$), physical activity ($r=0.230$, $p=0.041$), and spiritual growth ($r=0.220$, $p=0.043$).

Conclusion: This study shows that there is a relationship between pelvic floor awareness, health literacy, and healthy lifestyle behaviors. Health literacy and lifestyle behaviors can be improved to increase pelvic floor awareness in university students. Further studies with larger samples and more diverse departments are needed.

Keywords: Healthy Lifestyle Behavior, Health Literacy, Pelvic Floor Awareness, University Students

OP49

Investigation of the Relationship Between Postural Hyperkyphosis and Temporomandibular Disorder

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Purpose: The aim of the study was to determine the relationship between temporomandibular disorder (TMD) in young individuals with postural hyperkyphosis.

Methods: Thoracic kyphosis angle (TKA) was assessed with Flexicurve positioned between C7–T12. Individuals aged 18–25 years with a TKA between 20–60° were included. Temporomandibular disorder was evaluated using the Fonseca Anamnestic Index, which scores 10 items as 'yes' (10 points), 'sometimes' (5 points), and 'no' (0 points). Scores were categorized as no TMD (0–15), mild TMD (20–40), moderate TMD (45–65), and severe TMD (70–100).

Results: The study included 62 participants (mean age: 22.40±1.87 years; BMI: 24.80±2.61 kg/m²). Participants were divided into two groups: postural hyperkyphosis ($n=31$, TKA $\geq 40^\circ$; 15 females, 16 males) and healthy individuals ($n=31$, TKA 20–39°; 14 females, 17 males). Mean TKA was 52.20±3.48° in the hyperkyphosis group and 31.70±2.68° in the healthy group. Fonseca scores were 35.10±13.35 in the hyperkyphosis group and 27.10±11.90 in the healthy group. Although both groups were classified as having mild TMD, the difference was statistically significant ($p=0.007$).

Conclusion: The temporomandibular joint was found to be more affected in young individuals with postural hyperkyphosis compared to healthy individuals. It is recommended to consider the temporomandibular joint in the evaluation and treatment of postural hyperkyphosis.

Keywords: Kyphosis, Temporomandibular Joint Disorders

OP50

Knowledge Regarding Pelvic Floor Muscle Training Among Individuals With Spinal Cord Injury

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Purpose: This study aims to determine the knowledge of pelvic floor muscle training among individuals with spinal cord injury. It also signifies a vital step in evolving impactful intervention strategies.

Methods: This descriptive cross-sectional survey included patients with spinal cord injury using two validated questionnaires: the American Spinal Cord Injury Association Impairment Scale and the Knowledge, Attitude, and Practice Questionnaire. Non-probability convenience sampling was used with a planned sample size of 377. Inclusion criteria: age between 18–45 years, incomplete or partial spinal cord injury, sub-acute or chronic stage. Exclusion criteria: neurological issues other than SCI, cognitive impairments, pregnancy, and history of pelvic surgery.

Results: Preliminary findings from 20 respondents revealed that 10% were male and 90% were female. Awareness of pelvic floor muscle training (PFMT) was reported in 30% of participants, 15% were unsure, and 55% were unaware. Patients who attended physiotherapy sessions demonstrated better knowledge and adherence to PFMT.

Conclusion: According to preliminary findings, most individuals with spinal cord injury are unaware of the benefits of pelvic floor muscle training. Barriers include limited access to professional education, misconceptions about the training, absence of standardized guidelines, inadequate self-evaluation, low patient engagement, and limited equipment and financial support.

Keywords: Bladder Dysfunction, Pelvic Floor Muscle Training, Physiotherapy, Spinal Cord Injury

OP51

Effects of Intrinsic Foot Muscle Training on Early Neuropathy Symptoms in Patients With Diabetic Foot

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Purpose: The aim of our study is to investigate the effects of intrinsic foot muscle training (IFMT) on early neuropathy and sensory symptoms in patients with diabetic foot.

Methods: Thirty individuals (aged 18–65) with diabetic foot but without a history of ulcers or amputation were randomized into three groups (n=10 each). Demographic data, Michigan Neuropathy Screening Instrument (MNSI) scores, and Semmes-Weinstein Monofilament Test (SWMT) results were recorded. All groups received general foot care education; one group underwent IFMT, and another group received IFMT plus aerobic exercise. Assessments were compared before and after a 12-week intervention.

Results: Demographic variables were similar between groups ($p>0.050$). In the intervention groups, pre- and post-exercise MNSI scores showed significant improvement ($p<0.050$), whereas no significant difference was observed in the control group ($p>0.050$). A significant difference in MNSI scores was found between the IFMT+aerobic exercise group (Group 1) and the control group (Group 3), with worsening observed in the control group ($p<0.050$). SWMT scores did not show statistically significant changes within or between groups ($p>0.050$).

Conclusion: In patients with diabetic foot, the addition of intrinsic foot muscle training and aerobic exercise to foot care education improves early neuropathy symptoms. These interventions may enhance sensory and motor functions of the foot and serve as a foundation for preventive rehabilitation strategies in diabetic foot management.

Keywords: Diabetic Foot, Diabetic Neuropathy, Exercise, Intrinsic Foot Muscle

OP52**Validation of a Custom-Made IMU Sensor System Using the Edinburgh Visual Gait Score in Patients with Cerebral Palsy: A Pilot Study**

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Purpose: The aim of this study is to evaluate the validity of a custom-designed IMU sensor system under clinical evaluation conditions.

Methods: The study included eight patients with a mean age of 12.75 who had been diagnosed with cerebral palsy, including 6 hemiplegic and 2 diplegic individuals. Seven parameters of the EVGS for the right and left legs were scored based on angle values obtained from the custom-made IMU sensor system and 3D gait analysis (Qualysis, Sweden). SIMPER analysis was conducted between scores.

Results: In initial contact, the right knee position (0.8571) and left knee position (0.8571) showed high similarity. Maximum dorsiflexion of both ankles also showed high similarity (0.8571). During the stance phase, complete matching was observed for maximum dorsiflexion in both ankles (1.000). Similarities were lower in left hip extension (0.7143), right hip extension (0.8571), left knee extension (0.8571), and right knee extension (0.7143). In the swing phase, highest similarity was found in right hip flexion (1.000) and left hip flexion (0.8571).

Good similarity was also observed in right knee flexion (0.7143) and left knee flexion (0.5714), while left ankle dorsiflexion (0.4286) showed the lowest similarity.

Conclusion: This study demonstrates that IMU sensors can provide objective measurements for certain gait parameters. However, these sensors require further optimization for better accuracy, particularly in ankle assessment. Future studies should include larger patient groups to validate these findings.

Keywords: Edinburgh Visual Gait Score, Gait Analysis, Wearable Sensors

OP53**Frequency of de Quervain Tenosynovitis in Female Artists of Pakistan's Twin Cities**

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Purpose: To determine the frequency of De Quervain Tenosynovitis in female artists.

Methods: This cross-sectional study used non-probability purposive sampling. A total of 384 female artists were selected from art colleges in Rawalpindi and Islamabad, Pakistan. Inclusion and exclusion criteria were applied. A self-structured questionnaire was used for demographics. Two clinical tests, Finkelstein and WHAT test, were performed on the dominant hand to diagnose DQTS. DQTS was considered positive if either test resulted in pain over the abductor pollicis longus and extensor pollicis brevis tendons. Data were analyzed using Microsoft Excel.

Results: Out of 384 participants, all were female (100%). 248 participants (64.58%) exhibited positive symptoms of DQTS. Among them, 365 (95.10%) had right-hand dominance and 19 (4.90%) had left-hand dominance. The distribution of test results and contributing activities were detailed in Figures 1 and 2 (not included here).

Conclusion: This study found a high frequency of De Quervain Tenosynovitis symptoms in female artists. The results highlight a lack of awareness and diagnosis of DQTS in this population. Preventive strategies involving postural, biomechanical, and workplace modifications are recommended. Further research is needed to explore risk factors and preventive measures.

Keywords: De Quervain Tenosynovitis, Female Artist, Finkelstein Test, Frequency, Risk Factors

OP54

Effects of Regular Sports Participation on Fatigue, Mood, and Sleep Quality in Adults

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Purpose: This study aims to evaluate the effects of regular sports participation on fatigue severity, anxiety, depression, and sleep quality in comparison to a sedentary lifestyle in adults.

Methods: This observational cross-sectional study included 300 participants (150 athletes and 150 sedentary individuals), aged 18 years and older. Data were collected using the International Physical Activity Questionnaire (IPAQ), Fatigue Severity Scale (FSS), Pittsburgh Sleep Quality Index (PSQI), Beck Anxiety Inventory (BAI), and Beck Depression Inventory (BDI). Mann–Whitney U tests, chi-square analysis, and Spearman correlations were used for analysis.

Results: Athletes demonstrated significantly lower levels of fatigue ($p<0.001$), better sleep quality ($p<0.001$), and reduced anxiety symptoms ($p=0.009$) compared to sedentary individuals. Depression scores were lower in athletes, although the difference was not statistically significant ($p=0.052$). Physical activity levels were significantly higher in athletes ($p<0.001$). Higher physical activity was modestly associated with lower fatigue ($r=-0.204$), and sleep quality was positively correlated with fatigue, anxiety, and depression.

Conclusion: Regular sports participation is associated with improved fatigue levels, anxiety symptoms, and sleep quality in adults. These findings highlight the importance of structured physical activity as part of lifestyle interventions targeting both mental and physical well-being. Further longitudinal studies are needed to clarify causality and refine exercise recommendations.

Keywords: Anxiety, Depression, Fatigue, Physical Activity, Sleep Quality

OP55

Digitalization Through the Use of Renpy-Based Interactive Learning Experiences in Physiotherapy and Rehabilitation Education

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Purpose: This study aimed to evaluate the impact of RenPy-based interactive learning experiences on students' academic performance, cognitive load, and motivation in an electrotherapy course.

Methods: A randomized, controlled, single-blind study was conducted with 80 second-year physiotherapy students. Participants were assigned to one of three groups: Conventional Education Group (CEG), Digital Education Group (DEG), or Conventional and Digital Education Group (CaDEG). The study utilized standardized theoretical and practical content. Outcomes were assessed via theoretical and practical exams, the Cognitive Load Scale, Attitude Scale Towards Physiotherapy Profession (ASTPP), and Instructional Materials Motivation Survey (IMMS).

Results: Theoretical exam scores were similar across groups ($p>0.050$). Practical exam scores were significantly higher in the CEG and CaDEG groups compared to the DEG group ($p<0.050$). Cognitive load was significantly higher in the CEG group than in the DEG and CaDEG groups ($p<0.050$). IMMS scores were significantly higher in the CaDEG group than in the CEG group ($p<0.050$). No significant differences were observed in ASTPP scores across groups ($p>0.050$).

Conclusion: Face-to-face and hybrid learning models appear more effective for developing practical skills, while digital and hybrid methods may reduce cognitive load and increase motivation. These findings support the integration of interactive digital tools like RenPy in physiotherapy education. Further studies with larger samples and extended durations are recommended.

Keywords: Digitalization, Hybrid Education, Interactive Learning, Physiotherapy Education, RenPy

OP56**Effect of Task-Oriented Training on Upper Extremity Function in Chronic Stroke: a Comparative Study**

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Purpose: The aim of this study was to investigate the effects of task-oriented training, in addition to conventional rehabilitation, on upper extremity muscle thickness and motor functions.

Methods: Thirty-eight individuals with chronic stroke (≥ 6 months post-stroke) and Brunnstrom upper extremity stage 3–5 were included. Assessments included Fugl-Meyer Upper Extremity Assessment (FM), Wolf Motor Function Test, Motor Activity Log-28, and hand grip strength with a Jamar dynamometer. Functional status was evaluated using the Functional Independence Measure. Muscle thickness of the biceps, triceps, and deltoid was assessed via ultrasound. Participants were divided into a task-oriented exercise (TOE) group and a conventional rehabilitation (CR) group. The TOE group received 15 minutes of task-oriented training and 45 minutes of conventional rehabilitation, while the CR group received 60 minutes of conventional rehabilitation. Treatments were applied 3 times per week for 6 weeks.

Results: Both groups showed significant within-group improvements in motor function, grip strength, muscle thickness, and functional independence ($p < 0.010$). FM score improvements were significantly greater in the TOE group ($p < 0.050$). However, there were no significant between-group differences in muscle thickness or functional independence.

Conclusion: Task-oriented exercises enhance upper extremity motor function in chronic stroke patients. Longer intervention durations may be needed to observe changes in structural muscle outcomes and overall functional independence.

Keywords: Chronic Stroke, Muscle Thickness, Task-Oriented Exercise, Upper Extremity Motor Functions

OP57**Comparison of the Effects of Motor Imagery and Action Observation-Based Plyometric Training on Jump Performance and Reaction Time in Female Volleyball Players**

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Purpose: The aim of this study was to investigate the effects of motor imagery (MI) and action observation (AO)-based plyometric training (PT) on jump performance and reaction time in female volleyball players.

Methods: Forty-five female volleyball players were randomized into three groups: Group A – static MI and AO-based PT; Group B – dynamic MI and AO-based PT; Group C – real-environment PT. All groups trained for 8 weeks (2 sessions/week, 20 minutes/session). My Jump 2 application was used to assess vertical jump, single-leg horizontal jump tests for jumping performance, and the BlazePod device for reaction time. Measurements were taken pre- and post-intervention.

Results: All groups showed significant improvements in vertical and horizontal jump performance and reaction time ($p < 0.050$). Group C showed greater improvements than Group A. No significant difference was found between Group B and Group C ($p > 0.050$).

Conclusion: Dynamic MI and AO-based plyometric training yielded improvements similar to real-world PT, suggesting their applicability during injury or when active training is limited.

Keywords: Action Observation, Motor Imagery, Plyometrics, Sport Performance, Volleyball Player

OP58

The Impact of Academic Exam Periods on Physical Activity and Anxiety Levels in University Students

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Purpose: This study aimed to examine the effect of academic exam periods on university students' physical activity and anxiety levels, and to investigate the association between these variables.

Methods: Seventy-five university students (age range: 19–36 years) participated. Students with neurological or systemic conditions were excluded. The State-Trait Anxiety Inventory (STAI-I and STAI-II) and International Physical Activity Questionnaire-Short Form (IPAQ-SF) were administered at two time points: the second week of the semester and during the midterm exam period. Wilcoxon signed-rank test was used for comparisons. Spearman's rho assessed correlations; Kruskal-Wallis tests analyzed group differences.

Results: No significant differences were observed in physical activity ($p=0.406$), state anxiety ($p=0.120$), or trait anxiety ($p=0.442$) between pre-exam and exam periods. However, physical activity was negatively correlated with both state anxiety ($\rho=-0.260$, $p=0.033$) and trait anxiety ($\rho=-0.270$, $p=0.028$). Group comparisons by activity level showed significant differences in state ($p=0.0497$) and trait anxiety ($p=0.0485$), with more active individuals reporting lower anxiety levels. No differences were found by gender, smoking, or academic department ($p>0.050$).

Conclusion: Although exam periods did not directly increase anxiety or reduce activity levels, habitual physical activity was associated with lower anxiety. Encouraging regular physical activity may support student well-being during academically stressful periods.

Keywords: Academic Stress, Anxiety, Exam Period, Physical Activity, University Students

OP59

Can Proprioception Predict Performance? A Machine Learning Approach in Adolescent Basketball Athletes with Chronic Ankle Instability

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Purpose: This study aimed to investigate whether proprioception with age and BMI predict key performance parameters such as muscle strength, endurance, postural control, and jump capacity, and identify the main contributors to vertical jump performance, a key return-to-sport indicator.

Methods: Thirty adolescent female basketball athletes with chronic ankle instability (mean age=15.03 years; BMI=20.97 kg/m²) were assessed for dorsiflexion and plantarflexion proprioception (joint position sense at 20°), postural control (Biodex Balance System), isokinetic strength and endurance (at 30°/s and 120°/s), and vertical jump performance. Random Forest Regression was used to develop predictive models. Model performance was evaluated via R² and RMSE. Feature importance analysis identified the main predictors of vertical jump performance.

Results: The model moderately predicted dorsiflexor strength (R²=0.540) and postural control (R²=0.350 overall; 0.270 AP), with acceptable RMSE values (≈ 3.7 Nm and ≈ 0.5). Other outcomes, including plantarflexor strength, vertical jump, and proprioception, showed poor predictability (R²<0). PF endurance and height were the most important predictors of jump performance; proprioception and demographic variables contributed minimally.

Conclusion: Proprioception combined with demographic variables moderately predicted dorsiflexor strength and AP postural control but failed to accurately predict vertical jump performance. These results suggest incorporating biomechanical and power-based measures to improve return-to-sport assessments in athletes with chronic ankle instability.

Keywords: Basketball, Chronic Ankle Instability, Machine Learning, Predictive Modeling, Proprioception

OP60

Investigation of Women's Awareness and Knowledge About Vaginal Flatus: A Cross-sectional Study

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Purpose: The aim of this study was to assess the knowledge and awareness regarding vaginal flatus (VF) among women.

Methods: The study included a total of 154 women. Participants' physical (age, body weight, height) and socio-demographic (educational level, menstrual status) data were collected. Women's knowledge and awareness regarding VF were explored through open-ended questions.

Results: Among the 154 women, 43.50% (n=67) were aware of the term VF, while 56.50% (n=87) were unfamiliar with it. 32.50% (n=50) could not identify conditions in which VF might occur, whereas 40.90% (n=63) associated it with sexual intercourse. 49.4% (n=76) believed VF could affect women's lives, while 68.20% (n=105) did not consider it embarrassing. Mean age: 39.27 years, height: 162.63 cm, body weight: 68.77 kg, BMI: 25.98 kg/m².

Conclusion: A significant proportion of women have limited knowledge about VF. Although VF impacts quality of life, it is not commonly perceived as embarrassing. Increasing awareness and education may reduce stigma and improve women's well-being. Awareness campaigns and educational efforts are recommended.

Keywords: Awareness, Knowledge, Pelvic Floor, Vaginal Wind, Women's Health

OP61

A New Perspective on Virtual Reality Mirror Therapy: Usability and Effectiveness Evaluation

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Purpose: This study aimed to analyze the impact of different mirroring planes on sensorimotor engagement and usability outcomes in a novel Virtual Reality Mirror Therapy (VR-MT) system.

Methods: A randomized, controlled, single-blind study was conducted with 128 healthy participants (n=64 VR group; n=64 sham group). Usability assessments were completed after exposure to different virtual environments. Evaluations included the Simulator Sickness Questionnaire (SSQ), System Usability Scale (SUS), Virtual Reality System Usability Questionnaire (VRSUQ), Presence Questionnaire (PQ), and Virtual Reality Sickness Questionnaire (VRSQ). Data were statistically analyzed to assess group differences. This study was funded by TÜBİTAK 3501-223S060.

Results: The VR group demonstrated significantly higher presence scores ($p < 0.001$) and usability ratings compared to the sham group. No significant difference was observed in simulator sickness ($p > 0.050$). Visual Analog Scale (VAS) scores indicated a more immersive and realistic experience in the VR group ($p < 0.001$).

Conclusion: VR-MT appears to be an effective and user-friendly approach for stroke rehabilitation, improving user engagement without inducing significant motion sickness. The use of varying mirroring axes in VR may enhance sensorimotor feedback and therapy effectiveness.

Keywords: Mirror Therapy, Stroke Rehabilitation, Usability, Virtual Reality

OP62

Analysis of the Relationship Between Time Management, Functional Independence, Depression and Cognitive Functioning After Stroke

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Purpose: Stroke is a neurological condition that impacts individuals physically, emotionally, psychosocially. This study compares cognitive levels, depression, and time management skills between stroke survivors and healthy individuals while analyzing correlations among these factors in stroke survivors.

Methods: The study included 30 stroke survivors and 30 healthy individuals. Patients are selected from Burtom Biyofiz Nilüfer Medical Centre in Bursa. Cognitive function was assessed using the Mini-Mental State Examination (MMSE), depression with the Beck Depression Inventory (BDI), time management with the Time Management Scale (TMS), and functional independence in stroke survivors with the Functional Independence Measure (FIM).

Results: After stroke, significant differences were found in MMSE Form and BDI scores in favor of healthy individuals ($p < 0.001$). While a statistically significant difference was found in the time attitudes sub-dimension of TMS ($p = 0.048$), there was no significant difference in the total score of time planning, time wasting and time management ($p > 0.05$). In individuals with strokes, there was a significant correlation between the TMS and mini mental test ($r = -0.658$, $p < 0.001$), BDI ($r = 0.702$, $p < 0.001$) and FIM ($r = 0.724$, $p < 0.001$), and there was a negative and moderate relationship with mini mental test, a positive and moderate relationship with BDI, and a positive and moderate relationship with FIM. There is a significant, negative and low-grade relationship between the mini mental test score and the FIM score ($r = -0.364$, $p = 0.048$). There is a significant, positive and moderate relationship between BDI and FIM scores ($r = 0.669$, $p < 0.001$).

Conclusion: Our findings show that stroke negatively impacts cognitive function, time management, emotional well-being, and functional independence. Improvements in cognitive and emotional well-being enhance functional independence, while better time management contributes to cognitive, mood and functional improvement.

Keywords: Cognitive Level, Depression, Functional Independence, Stroke, Time Management

OP63

Holistic Approaches in Dementia Care: Theoretical Foundations and Effects on Well-Being

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Purpose: Introduction Dementia not only affects cognitive function, but also the emotional and social well-being of those affected. As the number of people living with dementia continues to rise worldwide, care models that emphasize dignity, individuality and personality are becoming increasingly urgent. Person-centred care has emerged as the gold standard in dementia care. It focuses on treating the individual as a unique person and not just as a patient with symptoms. This paper emphasizes the importance of such care by comparing three key theoretical frameworks. This paper aims to explore and compare three key person-centred frameworks in dementia care: the Person-Centred Nursing Framework by McCormack and McCance, Kitwood's model of person-centred dementia care, and Ekman's patient-as-partner approach. It investigates how each model contributes to a more holistic, emotionally attuned, and ethically grounded care environment for people living with dementia.

Methods: A scoping review was conducted following PRISMA guidelines, including 15 peer-reviewed studies from 2016 to 2024. McCormack and McCance's model emphasize individualized care through professional competence, empathy, and respect for the person's narrative. Kitwood's model focuses on psychological needs such as love, comfort, identity and integration that promote emotional well-being and reduce stigmatization. Ekman advances the concept by framing the patient as an active care partner. Her model includes three core components: initiating the partnership through listening, working the partnership through shared understanding, and safeguarding the partnership through documentation and continuity of care. These principles aim to ensure that care is not done to the person, but with the person, even in cases of cognitive decline.

Conclusion: The integration of these theoretical frameworks contributes to a more nuanced and multidimensional approach to dementia care. The combined focus on emotional, social and cognitive aspects contributes to a higher quality of life and enhances the dignity of people living with dementia. Understanding these models is critical for professionals developing interdisciplinary and compassionate care strategies that go beyond clinical treatment and promote connection, identity and respect.

Keywords: Dementia, Interdisciplinary Care, Person-Centred Care, Quality of Life

OP64

From Daily Life to Meaningful Occupation: A Slovenian Perspective

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Purpose: In Slovenia 22% of people are older than 65 years, less than 5% of people aged 65 years and older live in care homes, one in four is male. When people with dementia are no longer able to perform everyday tasks such as eating without the assistance of another person, when they have repeated falls and health problems that can no longer be managed at home, and when the person's needs become too difficult to be cared for by others at home, it is time to consider whether a person with dementia should move into a care home. The aim of this study was to investigate what kind of activities occupational therapists in Slovenian care homes use when working with people with dementia.

Methods: An online survey was conducted targeting occupational therapists working in institutional care facilities. The questionnaire was developed based on practical knowledge and experience in dementia care and included a 5-point Likert scale from "never" to "always". Participants rated how often they use certain therapeutic activities and strategies in their daily practice.

Results: 83 occupational therapists participated in the survey and most of them (63.9%) had been working with people with dementia for more than 5 years. 69.9 % the results indicate that occupational therapists in Slovenia focus primarily on maintaining basic daily functions in people with dementia and are less involved in physical and social activities.

Conclusion: The choice of activities also depends on the gender, abilities of the person with dementia and their interests. Unfortunately, we have not conducted COPM assessments to determine whether the activities selected by occupational therapists are also occupations for people with dementia. Further research and professional development is needed to support more holistic and person-centred occupational therapy practice in care homes. When deciding on a range of activities or occupations, it is important to also consider management and environmental factors as they are important factors in occupational therapists' decision making.

Keywords: Activities, Care Home, Dementia, Occupational Therapy, Quality of Life

OP65

Occupational Therapist's Role in Creating an Inclusive Education System Where Every Student Can Thrive

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Purpose: Inclusion of children with special needs in mainstream educational programs is a complex and multifaceted process. Effective collaboration among diverse professionals and the child's family is crucial for successful inclusion. Our study aimed to explore the experiences of occupational therapists working in Slovenian school settings.

Methods: A qualitative study design was employed, using in-depth interviews with occupational therapists (N=9) who provide services to children with special needs in school environments. Data from interviews were analyzed through qualitative content analysis.

Results: Occupational therapists frequently reported encountering systemic and institutional barriers within their practice. Due to the separate organization of educational and healthcare systems, interdisciplinary collaboration was challenging, necessitating flexibility and creativity to overcome obstacles and ensure effective interventions. Additionally, participants identified aspects of school environments that inadequately support or even hinder the inclusion of children with special needs. Negative attitudes and apprehension persist within schools, largely attributed to insufficient knowledge about children with special needs. Based on these findings, a conceptual model for integrating occupational therapy into the educational process was developed, emphasizing enhanced information exchange, professional promotion, and collaboration with teachers and parents.

Conclusion: The results indicate that current interdisciplinary cooperation and cross-sectoral integration are insufficient in the Slovenian context. Aligning our findings with international research, we propose several strategies for enhancing occupational therapy interventions within school settings, including improved communication channels, targeted education, development of inclusive strategies beneficial to all students, shared responsibilities, and professional advocacy. Slovenian occupational therapists expressed a strong desire for increased presence and involvement in schools as a pathway to improved collaboration, although organizational constraints presently limit these opportunities.

Keywords: Children With Special Needs, Collaboration, Inclusion, Occupational Therapy Parents

OP66

The Effects of Aquatic Sensory-Based Activities on Sensory-Motor Skills, Sleep, and Quality of Life in Children with Autism Spectrum Disorder Experiencing Sleep Problem

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Purpose: Autism Spectrum Disorder (ASD) is often associated with deficits in sensory-motor integration, sleep quality, and overall quality of life. This study investigates the therapeutic potential of in-water sensory-based activities as an intervention for addressing these challenges. This study aims to evaluate the effects of in-water sensory-based activities on sensory-motor skills, sleep habits, and quality of life in children with ASD and sleep problems.

Methods: Fifteen children aged 3-10 years participated in a structured program consisting of 40-minute sessions conducted twice weekly over 8 weeks. Assessments were performed at three intervals: pre-intervention, immediately post-intervention, and 8 weeks post-intervention. Data collection tools included the Childhood Autism Rating Scale (CARS), Sensory Profile, Child Sleep Habits Questionnaire (CSHQ), Child Quality of Life Scale (PedsQL), and Clinical Observation of Neuromotor Performance Checklist.

Results: Significant improvements were observed in sensory-motor skills, sleep habits, and quality of life following the intervention ($p < 0.001$). Positive effects were sustained 8 weeks post-intervention, highlighting the lasting impact of the activities.

Conclusions: In-water sensory-based activities effectively enhance sensory regulation, motor coordination, and sleep quality in children with ASD. These findings suggest the integration of such interventions into therapeutic programs to improve the overall well-being of children with ASD. Further research is recommended to validate these results in larger and more diverse populations.

Keywords: Autism Spectrum Disorder, In-Water Sensory-Based Activities, Quality of Life, Sensory-Motor Skills, Sleep Problems

OP67

The Influence of Fathers' Caregiving Involvement on the Activity-Role Participation of Children with Autism Spectrum Disorder

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Purpose: Autism Spectrum Disorder (ASD) affects social communication and behavior, making parental involvement crucial for child development. Fathers play a significant role in fostering cognitive, social, and emotional growth. However, research on the impact of paternal caregiving on children's daily activities remains limited. This study explores the relationship between fathers' caregiving involvement and their children's engagement in social and functional activities. This study aims to examine the impact of fathers' caregiving involvement on the activity-role participation of children with ASD and to determine how different levels of paternal engagement influence their participation in social and functional tasks.

Methods: The study was conducted at Akran Academy Ataşehir Special Education and Rehabilitation Center with 76 father-child pairs. Fathers completed a demographic questionnaire and were assessed using the Father Involvement Scale (FIS), while children's activity-role participation was measured using the Short Child Occupational Profile (SCOPE). Data were collected through structured interviews and analyzed using IBM SPSS version 25.0.

Results: A weak positive correlation was found between total FIS and SCOPE scores ($r = 0.296, p = 0.010$). The FIS Arbitrary Occupation (AO) subscale showed a weak positive correlation with SCOPE Motor Skills ($r = 0.384, p = 0.001$). The FIS Attention and Closeness (AC) subscale was weakly correlated with SCOPE Communication and Interaction Skills ($r = 0.268, p = 0.020$) and moderately correlated with SCOPE Processing Skills ($r = 0.425, p < 0.001$).

Conclusion: The findings indicate that fathers' caregiving involvement has a measurable, though weak to moderate, positive effect on children's activity-role participation. The strongest correlation was observed between paternal attention and children's processing skills, highlighting the importance of emotional engagement. While the overall influence of paternal caregiving was modest, even moderate increases in fatherly involvement may enhance motor, communication, and cognitive processing skills in children with ASD. Future research should explore intervention programs that encourage active paternal participation to optimize developmental outcomes in children with ASD.

Keywords: Activity Participation, Autism Spectrum Disorder (ASD), Child Development, Father Involvement

OP68

Investigation of the Relationship Between Body Awareness and Physical Activity Level and Music Performance Anxiety in Musicians Playing Different Instruments

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Purpose: The study aimed to examine the relationship between physical activity level, body awareness, and music performance anxiety in musicians playing different instruments.

Methods: Eighty musicians included in the study. Individuals had been evaluated pain intensity with the “Numeric Pain Scale”; physical activity levels with the “International Physical Activity Questionnaire Short Form”; musculoskeletal system complaints with the “Scandinavian Musculoskeletal System Questionnaire”; body awareness using the “Body Awareness Questionnaire”; and music performance anxiety using the “Kenny Music Performance Anxiety Inventory.”

Results: According to instrument type, pain intensities ($p=0,675$), playing attitudes despite the pain ($p=0,846$), physical activity level ($p=0,898$), body awareness ($p=0,686$), and music performance anxiety levels ($p=0,395$) had been compared. The results are similar according to the instrument type ($p>0,050$). While those who play string instruments have the highest body awareness, percussion instruments have the lowest body awareness. Body awareness measurement” and “age” had been examined, a statistically significant positive and weak association has been found ($r= 0,254$; $p=0,023$). When the relationship between “No pain no gain” and “age” had been examined, a statistically significant negative and weak association have been found ($r=-0,267$; $p=0,017$). When the relationship between “music performance anxiety” and “age” had been examined, a statistically significant negative moderate correlation have been found ($r=-0,433$; $p=0,000$). When the relationship between “physical activity level” and “body awareness” had been examined, a statistically significant positive and low-level correlation have been found ($r=0,263$; $p=0,018$). There have been found no significant relationship between “music performance anxiety” and “body awareness” ($r=-0,193$; $p=0,085$).

Conclusion: The study found a significant positive relationship between body awareness and physical activity in musicians, but not with music performance anxiety. Physiotherapists should support both physical and emotional performance, integrating preventive rehabilitation and awareness training into music education.

Keywords: Anxiety, Awareness, Musicians, Physical Activity

OP69

ChatGPT in the Field of Occupational Therapy: Scope and Suitability of Artificial Intelligence Based Language Models

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Purpose: Artificial intelligence (AI) has attracted a great deal of attention in recent years, with increasing applications in various fields, including healthcare and rehabilitation. The aim of this study is to evaluate the responses of ChatGPT, an AI-based language model, in the context of occupational therapy.

Methods: This study has a design that aims to evaluate the responses of ChatGPT, an artificial intelligence-based language model, to general information about cognitive rehabilitation in dementia, evaluations from an occupational therapy perspective, and case studies in terms of scope and relevance.

Results: The findings of this study highlight both the potential and challenges of using AI-based language models such as ChatGPT in the field of occupational therapy. The mean reliability score for the AI responses was 4.76 ± 0.71 and the mean usability score was 5.12 ± 0.39 . ChatGPT has demonstrated the ability to provide relevant and structured responses that are aligned with general knowledge in the field of occupational therapy.

Conclusion: This study highlights the potential and limitations of AI-based language models, such as ChatGPT, in the field of occupational therapy. The findings suggest that while ChatGPT can generate informative and relevant responses, its accuracy and contextual understanding require further validation, particularly in areas that demand specialized knowledge.

Keywords: AI-based Language Model, Dementia, Occupational Therapy

OP70

Investigation of Occupational Balance in Young Adults with Substance Use Disorder: A Comparative Study

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Purpose: Occupational balance (OB) has a long history and importance in occupational therapy literature. OB is defined as the balance between work, play, rest and sleep activities that should exist even under adverse conditions. OB can also be thought of as a person's perception of having an adequate amount and variety of occupations in their daily life. Substance use can lead to problems with OB by making it significantly more difficult to manage time effectively, engage in meaningful daily activities, and fulfill basic life roles.

The aim of this study was to examine the OB of young adults with and without substance use disorder (SUD) and to explore the relationship between SUD and OB.

Methods: 61 young adults aged 18-40 years with a diagnosis of SUD, and another 61 young adults without SUD, were included in our study. A sociodemographic form and the Turkish version of the Occupational Balance Questionnaire-11 (OBQ11-T) were administered to the participants. The Shapiro-Wilk test showed that the groups were not normally distributed, and the Mann-Whitney U test was used for group comparisons.

Results: The mean age was 26 years in the SUD group and 22.03 years in the non-SUD group. The mean age of substance use initiation was 19.10 years. Among the SUD participants, 39.30% used alcohol, 23% cannabis, 19.70% tobacco, 8.20% stimulants, 3.30% opioids, 3.30% methamphetamine and 3.30% other substances. OBQ11-T scores were lower in the SUD group (15.80) than in the non-SUD group (19), a statistically significant difference ($p < 0.050$).

Conclusion: The results of the study show that the OB of people with SUD is negatively affected. As this can lead to difficulties in areas such as participation in activities of daily living, it is important for occupational therapists to assess and intervene with OB in people with SUD. In future studies, the effects of different types of substances on OB should be investigated in larger groups. Strengthening health policies and expanding social support systems are recommended to improve OB in people with SUD.

Keywords: Occupational Balance, Occupational Therapy, Substance Use Disorder

OP71

Effects of a Lifestyle Telerehabilitation Program on a Breast Cancer Survivor: A Case Report from the Reborn Project

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Purpose: Breast cancer is the most common type of cancer among women and may lead to various physical and psychological challenges, including fatigue, pain, sleep disturbances, and a decline in quality of life. Telerehabilitation programs that adopt individualized and holistic approaches offer effective strategies to support recovery and encourage healthy lifestyle behaviors. This case report aims to evaluate the effects of the Reborn Program on fatigue, sleep quality, pain, psychological stress, physical activity, and perceived general health in a breast cancer survivor.

Methods: A 52-year-old woman, diagnosed with breast cancer and having completed chemotherapy more than six months prior, participated in the 12-week online Reborn Program. Pre- and post-intervention assessments included the Modified Borg Scale, Cancer Fatigue Scale, McGill Pain Questionnaire, Chair Stand Test, Pittsburgh Sleep Quality Index (PSQI), DASS-Stress, and the General Health subscale of the EORTC QLQ-C30.

Results: Following the intervention, the fatigue score on the Modified Borg Scale decreased from 4 to 0, while the Cancer Fatigue Scale score dropped from 29 to 28. The increase in chair stand repetitions from 15 to 18 indicated an improvement in physical activity level. The PSQI score decreased from 3 to 1, reflecting a significant improvement in sleep quality. The DASS-Stress score was reduced from 7 to 5, suggesting a decrease in psychological stress. According to the McGill Pain Questionnaire, the pain level decreased from 33 to 21. The general health perception score of the EORTC QLQ-C30 increased from 12 to 14, indicating an overall enhancement in well-being.

Conclusions: The Reborn Program led to positive outcomes in fatigue, pain, sleep quality, stress levels, physical activity, and perceived general health in this case. Personalized and structured telerehabilitation programs are considered to be effective interventions for improving the quality of life of individuals who have experienced breast cancer.

Keywords: Breast Cancer, Fatigue, Occupational Therapy, Quality of Life, Telerehabilitation

OP72

A Novel Approach to Intervention For Autism Spectrum Disorder: Case Report

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Purpose: The effects of early diagnosis and intervention on developmental gains, and the contribution of multiple interventions implemented in collaboration between different disciplines to the child's social, communication and cognitive skills will be evaluated. To emphasize the significance of a health and family-originated interdisciplinary approach within a holistic developmental monitoring and intervention model in the early childhood education transition of a 28-month-old child exhibiting symptoms of Autism Spectrum Disorder (ASD), while addressing how the early intervention process initiated in Canada complements this approach in the context of Turkey from an international perspective.

Methods: The health monitoring and medical examinations were conducted with great care. The case, originating from Canada, was managed through consilliary meetings under the "health and family-originated interdisciplinary approach" involving live video sessions with the family. Developmental assessment was based on the Expanded Guide for Monitoring Child Development (G-GIDR) within the ICF-CY framework, including file reviews, family history interviews, free play observations, and assessments of relationships. The child and mother were evaluated for special education needs, sensory sensitivities, and speech and language skills.

An interdisciplinary team of developmental pediatricians, special education specialists, occupational therapists, speech and language pathologists, and psychologists performed the diagnosis and intervention planning. Assessment tools included semi-structured interviews, play observation, TEDÖ, TİGE, SİLKOL, ASQ, Sensory Profile 2, and sensory stimuli responses. Speech and language skills were assessed using TİGE-II and DIR Floortime Short Observation Form.

Results: With holistic intensive interventions, the child showed notable improvements in language, communication, and social-emotional development. Progress was also seen in self-regulation, sensory tolerance (tactile, proprioceptive, vestibular), independent exploration, and engagement in

therapeutic play and movement. The child briefly maintained posture during balance-based activities.

Conclusion: Looking ahead in the case's journey, it is crucial to observe the stages of social-emotional development while considering individual differences and provide support in areas where needed. The "health and family-originated interdisciplinary approach" proves to be beneficial, even across long distances, ensuring effective support in the child's developmental progress. Progress in play skills, vocabulary, and social-emotional development is expected to further enhance language use and proficiency.

Keywords: A Holistic Approach, Early Intervention, Interdisciplinary Intervention

OP73

The Relationship Between Psychosocial Health During Pregnancy and Postpartum Depression

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Purpose: Psychosocial health during pregnancy can play a precursor role in perinatal mental health issues, adverse outcomes affecting the mother and fetus, and also in postpartum depression. This study aimed to determine the psychosocial health status of pregnant women and their postpartum depression levels, and to examine the relationship between psychosocial health during pregnancy and postpartum depression.

Methods: This descriptive and prospective study was conducted between May 2023 and June 2024 at a private hospital with 212 pregnant women. Data were collected using a Diagnostic Form, the Psychosocial Health Assessment Scale in Pregnancy, and the Edinburgh Postnatal Depression Scale (EPDS). The data were analyzed using SPSS version 25.0. Descriptive statistics, t-test, One-Way ANOVA, and Pearson Correlation Test were used. A p-value <0.05 was considered statistically significant.

Results: The average age of the pregnant participants was 29.64±3.91 years, and 69.80% were university graduates. The average total score on the Psychosocial Health Assessment Scale was 3.09±0.32, indicating a moderate level. The lowest subscale scores were in "pregnancy and partner relationship" (1.86±0.41) and "family characteristics" (1.75±0.27). The average total score of the Edinburgh Postnatal Depression Scale was 9.15±4.00, with the depression subscale averaging 6.49±2.73, indicating low levels of depression. According to the cut-off score of the EPDS, 15.09% of participants were at high risk for depression.

Number of pregnancies and income level significantly affected both psychosocial health and postpartum depression levels ($p < 0.05$). The correlation between the two scales was $r = -0.08$, $p = 0.246$, indicating no significant relationship.

Conclusion: It was found that the psychosocial health levels of pregnant women were moderate, postpartum depression levels were low, and there was no significant relationship between the two.

Keywords: Postpartum Depression, Pregnancy, Psychosocial Health

OP74

Examining the Relationship Between Cognitive Functions and Activity-Role Participation in Stroke Individuals

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Purpose: Stroke is a neurological condition that occurs as a result of disruption in cerebral circulation, causing damage to relevant areas of the brain. This condition can lead to various levels of impairment in motor, sensory, and cognitive functions. In particular, the impact on cognitive functions can significantly limit individuals' daily living activities, vocational roles, and social participation, negatively affecting quality of life. Therefore, assessment and rehabilitation of cognitive effects related to stroke are crucial for increasing individuals' functional independence. To examine the relationship between cognitive functions and activity-role participation in individuals with stroke.

Method: Montreal Cognitive Assessment (MOCA) was used to evaluate cognitive functions of stroke individuals, while Model of Human Occupation Screening Tool (MOHOST) was used to assess activity-role participation. SPSS 22.0 package program was used for statistics. Spearman correlation analysis was used to calculate the correlation of data ($p < 0.05$ was considered significant).

Results: According to the correlation analysis, a statistically significant relationship was found between MOCA visuospatial/executive subscore and MOHOST total score ($p=0.000$, $r=0.888$); between MOCA attention subscore and MOHOST total score ($p=0.001$, $r=0.757$); and between MOCA total score and MOHOST total score ($p=0.000$, $r=0.800$).

Conclusion: The results of our study show that cognitive skills have a significant impact on activity-role participation. The effect of visuospatial/executive and attention skills on activity-role participation is particularly noteworthy. It is recommended that more cognitive occupational therapy interventions be included to increase activity-role participation in individuals with stroke.

Keywords: Activity-Role Participation, Cognitive Functions, MOCA, MOHOST, Occupational Therapy

OP75

The Relationship Between Stress Coping Strategies, Occupational Balance, and Job Performance Among Private Sector Employees

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Purpose: In today's business world, increasing job demands and stress levels among private sector employees affect occupational balance and job performance. Coping strategies and occupational balance are considered critical factors influencing employee productivity and well-being. This study aims to examine the relationship between stress coping strategies, occupational balance, and job performance among private sector employees.

Methods: The study was conducted with individuals working in the private sector. Data were collected using the Turkish Occupational Balance Questionnaire (OBQ11-T), the Brief COPE Inventory, and the Job Performance Scale. Statistical analyses were performed using SPSS 27. Non-normally distributed variables were analyzed with Mann-Whitney U and Kruskal-Wallis tests, while Spearman correlation and regression analysis were used to examine the relationships among variables. A significance level of $p < 0.050$ was accepted.

Results: According to the statistical analysis results, stress coping strategies and occupational balance levels significantly affected job performance. Participants who used strategies such as active coping, planning, and seeking emotional support had higher job performance scores ($p < 0.010$). A positive correlation was found between occupational balance and job performance ($r=0.412$, $p < 0.001$). Regression analysis revealed that coping strategies and occupational balance were significant predictors of job performance ($R^2=0.390$, $p < 0.001$).

Conclusion: This study demonstrates the importance of stress coping strategies and occupational balance in enhancing employee performance. It is recommended that human resources policies include supportive training and programs to improve these skills among employees. Such initiatives may

contribute to increased workplace productivity and employee satisfaction.

Keywords: Coping Strategies, Job Performance, Occupational Balance, Private Sector

OP76

Depression, Anxiety, and Occupational Balance in Caregivers of Children with Autism Spectrum Disorder and Typically Developing Children

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Purpose: Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by challenges in social interaction, communication difficulties, and repetitive behaviors. Caregivers of children with ASD often experience heightened levels of stress and depression due to the demanding nature of caregiving, resulting in limited personal time and disruption of daily activities. Maintaining an occupational balance is essential for health and well-being. This study aimed to compare the levels of depression and anxiety, as well as their association with occupational balance, among caregivers of children with ASD and typically developing (TD) children.

Methods: The study included primary caregivers of children aged 3-17 years, diagnosed either with ASD or identified as TD. Exclusion criteria included the presence of additional diagnoses in the child with ASD or the caregiver having another dependent with a chronic illness. The research was conducted at the Family, Women Support, and Disability Center (AKDEM), with data collected through both online and face-to-face interviews. Data analysis was performed using SPSS 23.0. Assessment tools included the Sociodemographic Questionnaire, Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), the Turkish version of the Validity and Reliability of the Turkish Occupational Balance Questionnaire (OBQ11 - T), and the Canadian Occupational Performance Measure (COPM).

Results: Caregivers of children with ASD demonstrated significantly higher levels of depression ($p < 0.001$) and anxiety ($p < 0.050$) compared to caregivers of TD children.

A significant relationship was identified between depression and occupational balance among caregivers of children with ASD ($p < 0.050$). However, no significant relationship was observed between occupational balance and anxiety in either group ($p > 0.05$). In caregivers of TD children, occupational balance showed a significant association with depression ($p < 0.001$).

Conclusion: The findings indicate that the high levels of depression observed in caregivers of children with ASD are linked to challenges in maintaining an activity-role balance, possibly due to the intensive nature of caregiving. In contrast, anxiety levels did not correlate with activity-role balance, suggesting the influence of additional factors. Despite the study's limited sample size, it provides a comparative analysis that highlights the need for targeted support programs for caregivers. Future research should include larger samples and explore interventions to improve caregivers' well-being.

Keywords: Anxiety, Autism Spectrum Disorder, Caregivers, Depression, Occupational Balance

OP77

Development and Testing of a New Body Mass Index

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Purpose: Widely used Body Mass Index ($BMI=m/h^2$) or its variant Tri-ponderal Mass Index ($TMI=m/h^3$) or other similar measures of defining fitness levels have been demonstrated to be unsatisfactory in many aspects. A new index inclusive of all ages, body sizes, and sexes is needed. This study proposes a new index termed Consistent Body Mass Index ($CBMI=\sqrt{m/h^3}$), which is in agreement with waist-to-height ratio, a key parameter identifying body fitness level. The newly developed index is non-dimensional, applicable to all ages, body sizes, and sexes. Furthermore, it can be used as an estimator for ideal body weight $m = (CBMI)^2 h^3$ for a decided CBMI value and a given height.

Methods: A new body mass index, named Consistent Body Mass Index $CBMI=\sqrt{m/h^3}$, is developed from first principles to classify the fitness level of a person according to the mass and height. The new index is non-dimensional hence scalable, well correlated with waist-to-height ratio, w/h , and valid for adults, children, and even infants of both sexes. Correlation levels of the CBMI and TMI against waist-to-height ratio w/h are tested for subgroups and entire participants ranging from 1-day-old to 75-year-old males and females. Tentative classification levels for both w/h and CBMI indexes are proposed according to the statistical values of total samples.

Results: Correlation coefficient computed the complete data set for waist-to-height ratio w/h versus CBMI is very satisfactory $r=0.84$ in comparison with the uncorrelated result of TMI, which is the non-dimensional form of the standard BMI. Two

new classification charts, based on w/h and CBMI indexes, are presented for determining the fitness levels.

Conclusion: The new body mass index CBMI, which correlates well with waist-to-height ratio w/h, is regarded as a reliable measure of fitness level. Waist-to-height ratio w/h or CBMI can be used with equal confidence as an accurate and reliable estimator thus providing a quantitative value for assessing

health risks associated with underweight or overweight body states for all ages and sizes. Finally, ideal body weight can be estimated from the index as $m=(CBMI)^2h^3$ for a definite CBMI value and height h.

Keywords: Anthropometry, Body Mass Index, Body Weight, Waist-Height Ratio, Public Health

POSTER PRESENTATIONS

PP1

Evaluation of the Relationship Between Emotional Eating, Uncontrolled Eating and Cognitive Eating Restriction Behaviors and Sensory Processing in Secondary School

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Purpose: Eating behavior is a complex process that is affected by internal, environmental and social conditions and has effects on individuals and the environment. After the family, school is emphasized as the factor that most affects eating behavior. Elucidating the mechanism that affects our sensory processing skills for eating behavior, which is a sensory act, is especially valuable for the child population. This study aimed to evaluate the relationship between sensory processing and eating behavior, which can be examined with three factors: cognitive restraint, uncontrolled eating and emotional eating.

Methods: The purpose of the study and other scales were explained to aged 13-14 years students (n=104) in each grade of Ataköy 60. Yıl Secondary School in Istanbul, by face-to-face interview method, by giving them a sociodemographic form. The study was conducted in accordance with the Declaration of Helsinki, and the Biruni University Human Research Ethics Committee approved the study (Project Approval Code: 2024/86-83). The Three Factor Eating Questionnaire for Children (CTFEQr17) and the Adolescent Sensory Profile (SP) were used. A high score from any sub-factor in the CTFEQr17 indicates that the eating behavior related to that factor is high. Statistical analysis of the data was performed using the SPSS 15 program.

Results: There are 47 female (45.20%) and 57 male (54.80%) students in our study. A positive correlation was observed between the amount of snacks consumed daily and the 'sensory seeking' sensory profile ($r = 0.230$; $p < 0.050$). There was a negative relationship between the amount of snacks consumed daily and the cognitive limitation sub-dimension ($r=-0.010$; $p<0.050$). A positive correlation was observed between the high score from the uncontrolled eating sub-dimension and the 'low recording' sensory profile ($r=0.330$; $p<0.050$). It was observed that adolescents in the emotional eating subscale showed a positive correlation with the 'sensory sensitivity' and 'low register' sensory profile ($r=0.010$; $r=0.00$; $p<0.050$).

Conclusion: As a result, the effect of sensory processing skills on eating habits and their importance in eating behavior were

seen. At the same time, other studies should be conducted to elucidate the interactions between the various factors affecting eating behaviors.

Keywords: Eating Behavior, Occupational Therapy, Sensory Processing

PP2

Benefits of AI-Powered Hearing Aids

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Purpose: Hearing loss affects millions of people worldwide, significantly impairing communication and quality of life. Traditional hearing aids amplify sound but often struggle with speech comprehension in noisy environments. Artificial intelligence (AI)-powered hearing aids utilize advanced algorithms, such as machine learning and neural networks, to enhance speech clarity, filter background noise, and personalize the user experience. Recent studies have demonstrated significant advantages of these devices over conventional models. This study aims to examine the impact of AI-powered hearing aids on speech perception, adaptation to diverse acoustic environments, and user satisfaction. Additionally, it seeks to evaluate the clinical performance of these devices based on recent literature.

Methods: Recent research shows AI hearing aids outperform conventional devices in challenging environments. Chen et al. (2022) demonstrated a 30% improvement in speech understanding in noise through real-time deep learning algorithms that effectively separate speech from background sounds. When integrated with directional microphones, these systems provide an additional 8 dB noise reduction in complex settings like restaurants. The technology's adaptive capabilities analyze thousands of sound samples weekly to automatically adjust to user preferences and environments. Clinical results show 82% of users report significantly less listening effort compared to 58% with traditional devices. Practical benefits include extended 18-hour battery life, nearly 50% longer than standard hearing aids. These advancements establish AI hearing aids as transformative solutions in audiological care.

Results and Conclusion: AI-powered hearing aids revolutionize auditory rehabilitation by improving speech clarity and environmental adaptability. However, further advancements

in AI algorithms are necessary to enhance their adaptability to individual hearing impairments. Additionally, advanced clinical research should further investigate their effectiveness across different population groups. Expanding access to AI-powered hearing aids will be crucial for maximizing their benefits for individuals with hearing loss.

Keywords: Artificial Intelligence, Hearing Aids, Noise Reduction, Personalization, Speech Enhancement

PP3

The Importance of a Multidisciplinary Approach in Children with Autism

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Purpose: Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by challenges in social communication and repetitive behaviors. A multidisciplinary approach is essential in addressing the individual needs of children with ASD. This study examines the methods used by speech and language therapists (SLTs), special education teachers, and occupational therapists in the education of children aged 4-7 with autism, focusing on their collaboration and its impact on development.

Methods: Interviews were conducted with 10 SLTs, 10 special education teachers, and 10 occupational therapists working with three same 10 children diagnosed with autism. The GARS-2 scale was used to assess autism severity. Factors such as professional methods, collaboration, and family involvement were analyzed through content analysis.

Results: Autism severity was categorized as “mild,” “moderate,” and “severe,” with communication impairments being the most common (81%). SLTs primarily used Floortime and Interaction-Based Intervention, occupational therapists focused on sensory integration and regulation, while special education teachers preferred ABA and natural teaching methods.

Conclusion: Individualized plans were implemented to address weaknesses and build on strengths. Collaboration among professionals was generally strong but limited in some cases, affecting parental satisfaction. Family involvement was crucial for progress, while delayed interventions led to deficiencies in language and communication skills. The study emphasizes the importance of a multidisciplinary approach in autism education. Early diagnosis, individualized methods, and active family participation are critical for the development of children with ASD.

Keywords: Autism, Early Intervention, Multidisciplinary Approach, Special Education, Speech Therapy

PP4

Language and Communication Skills of Two Triplet Siblings with Autism Spectrum Disorder and One Typically Development: A Comparative Study

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Purpose: Autism spectrum disorder (ASD) is different for each individual, just like a fingerprint, and each individual with ASD has a different speech, language and communication profile and needs. The purpose of the study was to examine how the language and communication skills of children diagnosed with ASD differ from those of a typically developing triplet sibling who grew up in the same environment.

Methods: The participants of the study were 5-year-old (64 months old) triplets, two girls and one boy. The language, speech and communication skills of the participants were evaluated with Turkish Early Language Development Test (TEDIL), LITMUS Turkish Sentence Repetition Test (LITMUS-TR), Turkish NonWord Repetition Test (TAST) and Communication Matrix.

Results: The TEDIL score of the brother with TD was average, whereas the TEDIL score of one of the sisters with ASD was very poor. The other sister with ASD could not be administered any of the tests because she could not co-operate. The TD brother had a LITMUS score of 16 and a TAST score of 2; the sibling with ASD had a LITMUS score of 3 and a TAST score of 2. According to the communication matrix data, the brother with TD is able to use his communication skills in a diverse and functional way. While using language for social purposes, ASD sibling with a very poor TEDIL score prefers verbal expressions instead of gestures and facial expressions. The other ASD sibling uses social and informational communication inconsistently, indicating a low level of communicative engagement.

Conclusion: Despite having similar genetic and environmental conditions, triplets have different language, speech and communication skills. These differences are noteworthy in terms of demonstrating neurodiversity and reminding us that individual differences should be emphasised in ASD.

Keywords: Autism Spectrum Disorder, Neurodiversity, Typical Development

PP5

Early Literacy Skills in Children with Autism Spectrum Disorder

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Purpose: Autism spectrum disorder (ASD) is a neurodevelopmental disorder that occurs in early childhood and is characterised by difficulties in social communication and limited and repetitive behaviour patterns. Research shows that children with ASD have specific difficulties in different components of language. These difficulties may have a negative effect on the reading and reading comprehension skills of children with ASD in later life and may hinder their academic development. Early literacy is the basic literacy skills acquired in preschool. For children with ASD, these skills support language development and academic success. In this study, it was aimed to review the findings of studies on early literacy skills of children with ASD.

Methods: This review examined studies of early literacy skills in children with ASD. Studies were searched in academic databases such as PubMed and Google Scholar using the keywords “autism spectrum disorder” and “early literacy”. Approximately 55 articles from Pubmed and Google Scholar were searched, 20 articles published in the last 10 years were included in the study. The literature shows that children with ASD have significant difficulties with early literacy and this is closely related to language development. Although interventions to improve early literacy skills in children with ASD are limited, peer-mediated instruction, computer-assisted instruction and interactive book-reading activities are considered promising studies. The findings also highlight the importance of a personalised approach. However, there is a limited number of studies on this topic in Türkiye.

Results and Conclusion: In conclusion, early literacy instruction is critical for children with ASD to increase their academic achievement, improve their reading skills, support their language skills, enrich the literacy environment at home, and increase their interest in print. Therefore, it is recommended that families, teachers, and speech-language pathologists work together to support the early literacy skills of children with ASD.

Keywords: Autism Spectrum Disorder, Early Literacy, Language Development

PP6

Speech and Language Students’ Knowledge Levels and Thoughts Before and After DIR Floortime 101 Course

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Purpose: DIR/Floortime is a relationship-based early intervention model aimed at supporting socio-emotional, cognitive, and communication skills. Its widely used by professionals across various disciplines including SLP. The aim of this study was to investigate the effects of the Introduction to DIR101 program and measure the participants thoughts and knowledge regarding the DIR model.

Methods: Two surveys assessed participants’ knowledge before and after the program. Reviewed by two faculty members, the pre-program survey had 19 questions, and the post-program survey had 24. Both were conducted via Google Forms, with 164 pre-program and 93 post-program respondents. The DIR101 program covered autism, relationship-based approaches, the six FEDCs, Floortime strategies, and the role of affect.

Results: 86.59% of the participants had not received prior DIR/Floortime training, but 73.17% were familiar with the model. The most of the participants associated the model with Autism Spectrum Disorder(ASD). 95.12% identified it as understanding individual differences and developing a relationship-based approach. 62.20% had heard of the term “Affect,” and 20.73% were familiar with Functional Emotional Developmental Capacities (FEDCs). The participants had highest knowledge level in Regulation/Attention (78.75%) Engagement/Attachment (56.10%). 95.10% believed DIR/Floortime would support their professional development. 47.50% of participants reported a substantial gain in DIR model understanding after DIR 101, while 40.30% indicated a significant increase. In addition, 58.50% felt moderately proficient in the model. A remarkable 93.90% said the training changed their views on working with ASD children. 47.56% were very satisfied and 45.12% moderately satisfied with DIR 101 training.

Conclusion: This study shows that SLP students benefit from the DIR101 Floortime introductory course. To improve the program, more case videos with practical examples should be included. Further research should explore the long-term impact of DIR101 training on clinical practice.

Keywords: ASD, DIR Floortime Model, SLP

PP7

Evidence-Based Interventions for Preschool Children Who Stutter: A Review

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Purpose: Stuttering is a speech disorder that typically emerges between the ages of two and five. Early intervention during the preschool years is essential for improving fluency outcomes and minimizing potential long-term social and emotional consequences. A variety of treatment approaches have been developed to address preschool stuttering, ranging from behaviorally oriented direct interventions to indirect strategies that aim to modify the child's environment and reduce communicative pressure. This review examines current evidence-based practices for treating stuttering in preschool-aged children, with a focus on both direct and indirect therapeutic approaches. Specifically, the Lidcombe Program (LP), the Mini-KIDS Program, the Demands and Capacities Model (RESTART-DCM), and the Palin Parent–Child Interaction (PCI) therapy are explored in terms of their theoretical foundations, treatment protocols, and empirical support.

Methods: LP is a behavioral, parent-delivered treatment that involves parents providing verbal contingencies for both fluent and stuttered speech. A randomized controlled trial demonstrated that 76.50% of children in the LP group were not stuttering 18 months post-treatment. The Mini-KIDS program is an adaptation of a stuttering modification therapy traditionally used with older children. It includes desensitization techniques, fluency modification strategies, and emotional counseling for both the child and the family. Preliminary results from the TreatPaCS trial suggest Mini-KIDS may be a promising alternative to LP. The RESTART-DCM framework, posits that stuttering occurs when communicative demands exceed the child's capacities. The RESTART trial showed both DCM and LP were effective, although LP yielded faster early results. Palin PCI, is a parent-led, indirect intervention that enhances communication within the family. It uses video feedback and interaction strategies like turn-taking and slowing speech. Recent research supports its effectiveness in both in-person and telehealth formats.

Conclusion: Stuttering in preschool children can be effectively addressed through evidence-based interventions. Direct methods like LP and Mini-KIDS, and indirect approaches like DCM and Palin PCI, have demonstrated empirical support. A tailored approach, considering both child and family, is key to achieving optimal outcomes.

Keywords: Early Intervention, Evidence Based Practice, Speech Therapy, Stuttering

PP8

Investigating Screen Time and Content in Children with Speech and Language Delay

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Purpose: This study aimed to evaluate the language and communication skills of children with speech and language delay, to examine their screen time, and to analyze the type of content they are exposed to. Speech and language delay can significantly affect communication abilities, and screen time and content type may influence these delays. The study's objective was to assess the language development of children with speech and language delay and to investigate the relationship between screen time, content type, and language development.

Methods: The study included 50 children aged 24-48 months with speech and language delay and their mothers. The Turkish Communication Development Inventory II (TiGE II) was used to assess the children's communication skills. Families completed a questionnaire about the content their children were exposed to. Additionally, the most frequently watched content (e.g., cartoons, games, children's songs) was independently reviewed by the researcher and mothers to evaluate its appropriateness and contribution to language development.

Results: TiGE II results showed that children performed better in basic vocabulary categories related to daily life (e.g., "Various Sounds and Animal Sounds" and "Food and Drinks") but struggled with complex language skills, such as grammatical structures (e.g., "Conjunctions" and "Question Words") and affix use. Survey findings revealed that 38% of children spent 1-3 hours and 18% spent 3-6 hours daily in front of screens. While 68% of families reported knowing the content their children watched, 72% controlled it, and 74% sometimes accompanied their children. Additionally, 48% of families believed their child's speech and language delay was related to screen exposure.

Conclusion: The study found that the programs children watched were often not age-appropriate, lacked clear information, and did not encourage independent engagement. Supporting children in developing complex language skills and carefully managing screen time and content is essential for language development.

Keywords: Content Assessment, Delayed Speech, Screen Exposure, Speech and Language, Cartoons

PP9**Determination of Human Papillomavirus (HPV) Awareness and Vaccination Status of Women Aged 18-49**

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Purpose: Human Papillomavirus (HPV) is a global health issue that not only causes cervical cancer but is also linked to several other cancer types. Despite its significance, studies worldwide have shown that awareness and public knowledge regarding HPV infection, the HPV vaccine, transmission routes, and screening programs remain low. This study aimed to determine the awareness and vaccination status concerning HPV among women aged 18 to 49.

Methods: The study was carried out in the Obstetrics and Gynecology outpatient clinic of Biruni University Hospital. A total of 318 women aged between 18 and 49 who applied to the clinic and voluntarily agreed to participate were included in the sample. Data were collected through face-to-face interviews using a “Descriptive Information Form” and the “Vaccination & HPV Knowledge (THink) Scale.”

Results: Among participants, 34.3% were aged 18–25, 36.2% were 26–35, and 29.6% were 36–49. Of the women, 41.5% held a bachelor’s degree and 57.9% were married. Among unmarried women, 16.4% were sexually active. Notably, 90.6% of the participants had not received the HPV vaccine. The average total score on the THink Scale was 55.20±9.38 (min-max: 21–65). Sub-dimension scores were: 22.10±3.34 for general vaccine knowledge, 20.79±4.98 for general HPV infection knowledge, and 13.31±3.56 for attitudes toward HPV vaccination. Knowledge levels significantly differed by age, education, and marital status. Women who had been vaccinated demonstrated significantly higher knowledge scores ($p<0.005$). Higher knowledge about HPV and vaccines was positively associated with more favorable attitudes toward HPV vaccination ($p<0.001$).

Conclusion: There is a strong link between HPV-related knowledge and attitudes toward vaccination. Educational programs targeting especially young individuals are essential for improving awareness and increasing vaccination rates.

Keywords: HPV Awareness Status, HPV Infection, HPV Vaccine

PP10**Invisible Suffering: Coping with Professional and Personal Mourning by Nurses**

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Purpose: Nurses spend a lot of time with patients and often form emotional bonds with them. When a patient suffers or dies, it can deeply affect the nurse caring for them. However, nurses usually have to hide their feelings and go on doing their work. This silent emotional pain is referred to as “invisible suffering” enduring sorrows silently while continuing to provide care for others. This review investigates how nurses handle grief in both their personal and work lives, how they struggle to cope, and what can be done in hospitals and institutions to protect their emotional health.

Methods: This study was conducted using a literature review methodology. A comprehensive examination of current academic and clinical publications was performed to explore the emotional burden of grief among nurses and the institutional responses to this issue.

Results: Undertreated grief can have terrible outcomes like burnout, emotional exhaustion, and compassion fatigue. Nurses tend to try to handle their emotions by themselves, either through mindfulness, journaling, or talking with colleagues. However, these are short-term solutions, and the majority of healthcare centers lack proper support systems. Studies indicate that if nurses are given resources such as bereavement education, counseling interventions, and a safe space to vent their feelings, they’re more likely to stay emotionally resilient and dedicated to their profession. This doesn’t work in the nurses’ favor alone, it works in the patients’ favor as well.

Conclusion: Grief is naturally a part of nursing, yet it is never something that nurses should do alone. If we are going to ask nurses to care for others with compassion, then we have to care for them, too. A supportive environment that is aware of and addresses grief can make a difference in both nurse well-being and patient care.

Keywords: Burnout, Compassion Fatigue, Nurse Grief

PP11

Investigation of the Relationship Between Modified Closed Kinetic Chain Upper Extremity Stability Test and Shoulder Endurance Test in Young Active and Sedentary Individuals

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Purpose: To examine the relationship between performance on the Closed Kinetic Chain Upper Extremity Stability Test (CKCUEST) and the Posterior Shoulder Endurance Test in healthy young adults.

Methods: Twenty healthy young adults (11 female, 9 male; mean age: 20.75±1.71 years; height: 1.73±0.08 m; BMI: 24.77±4.32 kg/m²) were classified as active (n=11) or sedentary (n=9) using the IPAQ-SF. All participants completed the CKCUEST and Posterior Shoulder Endurance Test. Correlations between endurance test time and CKCUEST performance were analyzed using Spearman's rho.

Results: Significant correlations were found between CKCUEST performance and endurance test time in both limbs (left: r=0.661, p<0.001; right: r=0.838, p<0.001). Physically active individuals performed better on all outcomes. Stronger correlations were observed in the sedentary group (left: r=0.683, p=0.042; right: r=0.700, p=0.036) compared to the active group (left: r=0.391, p=0.235; right: r=0.805, p=0.003).

Conclusion: Performance on the CKCUEST is strongly correlated with Posterior Shoulder Endurance Test results in both sedentary and active individuals. These tests are applicable for assessing upper extremity performance across activity levels.

Keywords: Physically Active, Sedentary, Upper Extremity Endurance, Upper Extremity Performance

PP12

Mobility Solution: A Scooter for People with Dual Sensory Impairments

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Purpose: This project aims to design and develop a smart scooter that ensures safe, independent, and efficient mobility for people with dual sensory impairments by leveraging modern technology and user-centered design.

Methods: A mixed-methods approach was adopted. User research, including interviews and surveys with individuals with dual sensory impairments and their caregivers, guided the design requirements. The development phase focused on integrating tactile feedback systems, GPS-based navigation, ultrasonic and LiDAR sensors, and a voice-to-Braille communication interface. Iterative prototyping was followed by real-world testing in controlled and public environments. Feedback informed refinements.

Results: The final prototype includes GPS navigation with pre-programmed routes, real-time obstacle detection and avoidance, vibrational alerts, Braille-labeled controls, and solar-powered long-lasting batteries. The scooter connects to a smartphone app for route customization. Testing revealed significant improvements in independent and safe navigation.

Conclusion: The smart scooter represents a meaningful advancement in assistive mobility technology. By promoting independence, safety, and inclusivity, it can enhance the quality of life for individuals with dual sensory impairments and support more accessible urban living.

Keywords: Dual Sensory Impairments, Mobility, Safety, Scooter, Transportation

PP13**A Comparative Study of the Effect of Working Year on Musculoskeletal System Risk Factors and Depression Level in Inexperienced Textile Workers**

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Purpose: This study aimed to investigate the relationship between years of work experience and musculoskeletal system risk factors as well as depression levels in inexperienced textile workers.

Methods: A total of 128 textile workers (73 male, 55 female) aged 18-54 participated. Sociodemographic data were collected. Ergonomic risks were assessed using the REBA scale, musculoskeletal risk factors with the NORDIC questionnaire, and depression levels with the Beck Depression Inventory. Relationships between years of work experience and NORDIC and Beck scores were analyzed.

Results: A significant relationship was found between years of work and musculoskeletal risk in the waist and neck regions ($p=0.004$), but not in the shoulder region ($p=0.683$). Significant differences were also observed between years of work experience and depression levels ($p=0.004$) and between depression and musculoskeletal complaints ($p=0.023$).

Conclusion: Working years influence musculoskeletal system risk and depression in textile workers. Improving ergonomic conditions and implementing preventive strategies is essential for protecting physical and mental health in long-term workers.

Keywords: Depression, Ergonomics, Musculoskeletal System, Textile

PP14**Examining the Relationship Between the Quality of Life Perceptions of 8-12 Year Old Children and Their Parents and the Sensory Profile of the Child**

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Purpose: Quality of life is a multidimensional concept used to define an individual's well-being. Every individual has a perception of their quality of life. Research suggests that parents' and children's perceptions of quality of life influence the child's overall well being. This study examines the relationship between parents and children's perceptions of the child's quality of life and the child's sensory profile. This study aimed to examine the relationship between parents and children's perceptions of the child's quality of life and investigate the effect of the child's sensory profile on quality of life.

Methods: The study included 37 children aged 8–12 and their parents from Güngören Cumhuriyet Primary School. Perceptions of the child's quality of life were assessed using the child and parent versions of the KIDSCREEN-27 quality of life inventory. At the same time, sensory profiles were evaluated using the Sensory Profile. Data were analyzed using IBM SPSS 22.0.

Results: The sub-sections of the Sensory Profile were divided into 'typical performance', 'definite difference' and 'probable difference' categories. The 'Avoidance' sub-section categories showed a statistically significant difference in the Physical Activities sub-scale of the KIDSCREEN-27 child version ($p=0.006$). This significant difference was due to children in the 'typical performance' and 'definite difference' ranges ($p=0.001$). In addition, in the KIDSCREEN-27 parent version, the School and Learning sub-scale scores were significantly associated with the Sensory Profile sub-scales of Modulation Related Body Position and Movement ($p=0.014$), Items Indicating Thresholds for Response ($p=0.029$), Inattention/Distractibility ($p=0.029$), Sensory Sensitivity ($p=0.016$) and Fine Motor Perceptual ($p=0.032$).

Conclusion: The results of this study revealed that parent and child perceptions of children's quality of life differ. When the results of this study regarding sensory processing skills are examined, it was observed that children with higher sensory avoidance behaviors have a lower quality of life related to physical activities. When planning studies on children's quality of life, the perceptions of parents and children should be taken into account separately, and the effects of the child's sensory profile on quality of life should be considered.

Keywords: Perception, Quality of Life, Sensory Profile

PP15

The Effectiveness of Virtual Rehabilitation and Sensory Integration Therapy in a Child with Specific Learning Disorder

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Purpose: Specific learning disorder (SLD) is a neurodevelopmental condition characterized by difficulties in academic skills, including reading, writing, and mathematics. Children with SLD may also exhibit attention, motor planning, and sensory processing challenges. Sensory integration involves modulating and organizing stimuli from the body and environment. Virtual reality (VR) creates a computer-generated three-dimensional environment, enabling users to experience simulated, interactive scenarios. While sensory integration therapy and VR interventions have shown promise, studies combining these methods are limited. This study evaluated the effectiveness of combining sensory integration therapy with virtual rehabilitation in a child diagnosed with SLD.

Methods: An 8-year-old participant was assessed at baseline using the Dunn Sensory Profile, Short Child Occupational Performance Evaluation (SCOPE), and Dynamic Occupational Therapy Cognitive Assessment for Children (DOTCA-Ch). The intervention comprised 6 weeks of therapy, delivered twice weekly for one hour. Each session included 30 minutes of virtual rehabilitation and 30 minutes of sensory integration therapy. Virtual rehabilitation utilized the Beure Balance System, Beure HandROM, Beure ErgoActive, and Beure ExtremityROM, targeting balance, coordination, motor planning, and attention. Sensory integration therapy incorporated vestibular stimuli (swing-based activities), proprioceptive stimuli (Pilates ball and ball pit exercises), and tactile stimuli (shaving foam, kinetic sand), along with visual and auditory stimuli. Exercises focused on weight transfer, motor planning, visual perception, and environmental awareness. Post-intervention assessments were conducted using the same tools.

Results: Post-treatment assessments revealed improvements in the SCOPE volition domain and enhanced motor skills, specifically in posture-mobility and coordination. The DOTCA-Ch results showed increased scores in orientation to place (from 5 to 8), praxis (from 11 to 13), object use (from 4 to 6), and symbolic actions (from 5 to 8). Cognitive skills improved, with categorization increasing from 2 to 3, unstructured categorization from 3 to 4, and structured categorization from 2 to 4. In the Dunn Sensory Profile, vestibular processing rose from 39 to 45, tactile processing from 54 to 59, and oral sensory processing from 28 to 34. Sensory seeking increased from 48 to 52, emotionally reactive from 39 to 43, and inattention/distractibility from 18 to 22.

Conclusion: Combining virtual rehabilitation with sensory integration therapy improved sensory processing and motor skills in a child with SLD. This combined approach warrants consideration in rehabilitation planning for children with sensory integration challenges. In the future, controlled studies with larger samples are needed.

Keywords: Sensory Integration, Specific Learning Disorder, Virtual Rehabilitation

PP16

The Effect of Sibling Relationships on Leisure Motivation and Leisure Activity Performance of Individuals with Siblings Diagnosed with Autism Spectrum Disorder

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Purpose: Individuals who have a sibling with Autism Spectrum Disorder (ASD) take on an excessive responsibility while trying to understand their sibling's differences and struggle with social interactions. This situation negatively impacts their motivation and participation in leisure time occupations. Leisure time is the interval in which individuals perform occupations where they find psychological and physiological satisfaction; however, caring for a sibling with ASD limits their participation in such occupations. This study examines the effect of sibling relationships on the motivation and performance of individuals with a sibling diagnosed with ASD in leisure time occupations.

Methods: The study included twenty children aged 10-19 years with siblings diagnosed with ASD at PERA Campus-Rehabilitation and Special Education Center. Sibling relationships were measured using the Schaeffer Sibling Behavior Assessment Scale (SSBRS) and the leisure motivation Free Time Motivation Scale-Adolescent (FTMS-A) and the occupational performance and satisfaction were evaluated using the Canadian Occupational Performance Measurement (COPM). Data were analyzed using IBM SPSS 22.0.

Results: According to Spearman correlation analysis, a significant correlation was found between the satisfaction subscale of the COPM and the intrinsic motivation subscale of the FTMS-A ($p=0.009$). Additionally, birth order was observed to be a variable affecting intrinsic motivation ($p=0.017$). The performance subscale of COPM and the intrinsic motivation subscale of FTMS-A were determined to have a significant correlation ($p=0.048$). The intrinsic motivation subscale of FTMS-A was found to correlate significantly with the number of siblings in the family ($p=0.032$) and birth order ($p=0.041$).

A notable correlation was detected between the avoidance-withdrawal subscale of SSBRS and the intrinsic motivation subscale of FTMS-A ($p=0.041$).

Conclusion: Based on the results of this study, it has been concluded that sibling relationships are a decisive factor influencing the intrinsic motivation of individuals with siblings diagnosed with ASD toward leisure time occupational motivation. Leisure time occupational performance and sibling relationships were not observed to correlate. Individuals' intrinsic motivation was revealed to have a considerable effect on leisure time occupational performances. In future studies focused on areas of occupational performance, sibling relationships and motivation levels of individuals should be considered, given that these factors may influence occupational performance.

Keywords: Autism Spectrum Disorder, Leisure Time, Motivation, Occupational Performance, Sibling Relationships

PP17

Investigation of the Effects of Occupational Therapy Intervention on Occupational Performance in a Case Diagnosed with Facioscapulohumeral Dystrophy

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Purpose: Facioscapulohumeral dystrophy (FSHD) is a genetic disorder characterized by slowly progressive muscle weakness typically involving facial, scapular, upper arm, lower leg, and pelvic girdle muscles, usually asymmetrically. Occupational therapy (OT) enhances independence by promoting participation in meaningful activities related to self-care, productivity, and leisure. Thus, OT plays a critical role in improving daily life performance in patients requiring regular physical therapy following diagnosis. This study investigates the impact of OT intervention on occupational performance in a patient diagnosed with FSHD.

Methods: At baseline, the Canadian Occupational Performance Measure (COPM) assessed the patient's occupational performance. Progressive muscle weakness significantly impaired various daily activities since the diagnosis. The five most challenging tasks identified were washing hands and face, dressing, opening bottle and jar lids, holding onto support, and managing the dog's leash. OT intervention was administered concurrently with physical therapy, five days a week, one hour daily, for five months. Sessions included gross and fine motor skill training, muscle-strengthening exercises, and frequent bilateral activities to reduce neglect resulting from strength discrepancies between dominant and non-dominant

hands. Activities of daily living were intensively practiced during sessions and assigned as homework. Vocational rehabilitation was also integrated into the program. COPM was re-administered at the end of five months.

Results: Post-intervention COPM scores revealed significant improvements in both performance and satisfaction, reflecting the total scores as well. The average performance score increased from 2.8 to 5.6, while satisfaction improved from 2.4 to 6.8. Enhanced independence was noted in self-care, productivity, and leisure activities. The patient became fully independent in certain tasks, and the need for assistance decreased in others. Notably, the patient started to independently complete their morning routine, including washing hands and face and brushing teeth. Additionally, the patient reported increased use of their non-dominant hand in daily activities.

Conclusion: Standardized assessment and behavioral observations confirm the positive effect of OT on occupational performance in a patient with FSHD. These findings highlight the importance of OT in the rehabilitation of muscular disorders. Future research should include control groups and larger sample sizes to further validate these results.

Keywords: Activities of Daily Living, COPM, FSHD, Muscle Disorders, Occupational Therapy

PP18

Investigation of Factors Affecting Work Posture and Cognitive Performance in Office Workers

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Purpose: This study aims to evaluate work posture and cognitive performance among office workers and to examine the factors potentially associated with these two variables.

Methods: A total of 41 office workers aged between 18–65 years from Biruni University and Haver Pharma Inc. participated in the study. Cognitive performance was assessed using the Loewenstein Occupational Therapy Cognitive Assessment (LOTCA), while work posture was evaluated with the Rapid Entire Body Assessment (REBA) and Ovako Working Posture Analysis System (OWAS). Data were analyzed using SPSS 25.0, with a significance level set at $p<0.05$. Spearman correlation analysis was used to examine the relationships between variables.

Results: A positive and statistically significant relationship was found between time spent on the computer and LOTCA "Visual Perception" scores ($p=0.017$). Female participants scored significantly higher in the "Thinking Operations" section of LOTCA compared to males ($p=0.011$). Participants who engaged

in regular exercise had higher scores in the “Visual-Motor Organization” section ($p=0.026$). No significant relationship was found between LOTCA total and subscale scores and REBA or OWAS scores. Likewise, no significant associations were observed between posture scores and sociodemographic variables ($p>0.05$).

Conclusion: Time spent on computers, regular physical activity, and gender appear to influence cognitive performance. However, no direct relationship was found between work posture and cognitive performance. These findings highlight the potential of physical activity to support cognitive functions and emphasize the need for further studies with larger and more diverse samples.

Keywords: Cognitive Functions, Computer, Office Workers, Physical Activity, Posture

PP19

The Effect of Working Postures on Low Back and Neck Pain Among Computer Engineering Students

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Purpose: Computer engineering students are often exposed to prolonged sitting due to intensive academic responsibilities. This can result in improper working postures and increased musculoskeletal pain, particularly in the spine, including low back and neck areas. To investigate the relationship between working postures and spinal pain (low back and neck pain) among computer engineering students at Biruni University.

Methods: Thirty computer engineering students volunteered to participate. Postural assessments were performed using the Rapid Upper Limb Assessment (RULA). Pain was evaluated using the Visual Analog Scale (VAS), Oswestry Disability Index (ODI), and Neck Disability Index (NDI). Data were analyzed using Spearman correlation analysis in SPSS 22.0.

Results: Significant positive correlations were found between RULA and both low back pain (VAS: $r=0.566$, $p=0.001$; ODI: $r=0.588$, $p=0.001$) and neck pain (VAS: $r=0.748$, $p=0.000$; NDI: $r=0.724$, $p=0.000$). Also, VAS and ODI ($r=0.968$, $p=0.000$), and VAS and NDI ($r=0.961$, $p=0.000$) showed very strong correlations.

Conclusion: Poor working postures are strongly associated with spinal pain in students. Educational interventions, ergonomic workplace adjustments, and regular physical exercise are essential to prevent posture problems and improve student well-being. Future studies targeting ergonomic interventions to young individuals are recommended.

Keywords: Computer Engineering, Ergonomics, Posture, Spinal Pain, Students

PP20

The Effect of Stress Management Training on Anxiety Symptoms and Stress Coping Skills of University Students

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Purpose: Stress is an inevitable aspect of modern life, significantly impacting individuals' mental, physical, and emotional well-being. Among students, factors such as exam anxiety, academic pressure, and concerns about the future can elevate stress levels, impairing the learning process. Enhancing stress coping skills can improve quality of life by mitigating the adverse effects of stress. Techniques like breathing exercises, progressive relaxation, mindfulness, and meditation have been identified as effective methods for stress management, promoting both physical and mental relaxation. This study aimed to investigate the effects of stress management training on anxiety symptoms and stress coping skills in university students exhibiting anxiety symptoms.

Methods: The study involved 90 university students (77 females and 13 males) with a mean age of 21.49 ± 0.70 years (range: 18–25 years). Participants were randomly divided into two groups: intervention ($n=45$) and control ($n=45$). The intervention group received stress management training, consisting of four sessions of 45 minutes each. Two sessions focused on theoretical knowledge, while the remaining two were practical exercises. Data were collected using a Sociodemographic Information Questionnaire, the Beck Anxiety Inventory (BAI) for assessing anxiety levels, and the Perceived Stress Scale (PSS) for evaluating daily stress. The SPSS 22.0 software was utilized for statistical analysis, and intra-group comparisons were performed using the Wilcoxon paired samples test ($p<0.05$).

Results: The intervention group demonstrated significant improvements between pre-test and post-test scores on both the BAI ($Z=-4.837$, $p<0.001$) and the PSS ($Z=-5.719$, $p<0.001$). In contrast, the control group showed significant differences only in BAI scores ($Z=-3.521$, $p<0.001$), with no significant change in PSS scores ($Z=-0.765$, $p=0.444$).

Conclusion: The findings suggest that stress management training effectively reduces anxiety symptoms and enhances stress coping skills among university students. To increase generalizability, further research should include larger and more diverse samples. Additionally, long-term follow-up studies are recommended to evaluate the sustained impact of stress management interventions.

Keywords: Anxiety symptoms, Coping Skills, Stress Management Training, University Students

PP21

The Historical Evolution of the Concept of Wellness in Occupational Therapy

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Purpose: The concept of wellness is a holistic approach that emphasizes that health is not merely the absence of disease or disability but a state of complete physical, mental, and social well-being. This study aims to examine the historical evolution and semantic transformation of the concept of wellness in occupational therapy. By analyzing how the definition and scope of wellness have changed over time, this research explores its relevance to occupational therapy practice.

Methods: Since the 1970s, occupational therapists have started to approach healthy living from a broader and holistic perspective. Beyond physical functioning, quality of life and general well-being have gained importance. Individuals began to be evaluated in terms of their daily routines, roles, environmental contexts and psychosocial dynamics. The concept of “functionality-based health” became the center of occupational therapy. Currently, wellness is understood as a multidimensional concept encompassing mental health, social inclusion, environmental adaptation, ergonomics and personal meaning-making. A health-centered approach considers the dimensions of doing, being, becoming and belonging that support individuals’ physical, social, emotional and cultural well-being.

Conclusion: The concept of wellness in occupational therapy has evolved from a focus on physical well-being to a more holistic understanding centered on quality of life. Interventions are developed by addressing physical, emotional, social, occupational, and spiritual dimensions to support individuals in maintaining healthy daily routines. To effectively apply wellness principles, occupational therapists, students, and all health professionals should strengthen their theoretical foundation from undergraduate education onward.

By adopting a wellness-based, health-centered approach-considering the dimensions of doing, being, becoming, and belonging-occupational therapists can promote healthy and independent living at both individual and community levels.

Keywords: Occupational Therapy, Quality of Life, Wellness

PP22

Examining the Effect of Sleep Conditions of Children with Autism Spectrum Disorder on Parental Stress Levels

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Purpose: Sleep problems, which are frequently observed in children with Autism Spectrum Disorder (ASD), negatively affect parental stress levels. According to studies, parents report increased levels of stress while coping with their children’s sleep issues. This study aims to examine the effect of sleep conditions of children diagnosed with Autism Spectrum Disorder (ASD) on parental stress levels.

Methods: The study included 48 parents and their children aged between 5 and 9 years, all diagnosed with ASD, from Aktivitoo Occupational Therapy and Development Center and Istanbul Occupational Therapy and Speech-Language Therapy Center. To evaluate the children’s sleep conditions, the Children’s Sleep Habits Questionnaire (CSHQ) was used, while the Parental Stress Scale (PSS) was used to measure parents’ stress levels. Data were analyzed using IBM SPSS 22.0.

Results: According to the CSHQ, children with ASD who have sleep disorders showed statistically significant differences in the PSS subscales parental rewards ($p=0.013$), parental stressors ($p=0.016$), lack of control ($p=0.022$), and parental satisfaction ($p=0.001$) compared to those without sleep disorders. A significant relationship was also found between the total PSS score and the CSHQ subscales: bedtime resistance, sleep onset delay, sleep duration, sleep anxiety, parasomnias, and sleep-disordered breathing ($p\leq 0.001$).

Conclusion: The results of the study indicate that the sleep conditions of children diagnosed with ASD have a significant impact on parental stress levels. It is recommended that occupational therapy interventions for children with sleep disorders include both adjustments to sleep routines and parental stress management strategies.

Keywords: Autism Spectrum Disorder, Parental Stress, Sleep Disorder, Stress Level

PP23

Exploring the Relationship Between Psychosocial Difficulties and Internet Addiction Among Adolescents Aged 13–16

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Purpose: The rapid advancement of the digital age has led to an increase in internet addiction among adolescents. Identifying the relationship between psychosocial difficulties and internet addiction, particularly in individuals during adolescence, is crucial for developing preventive and protective interventions. This study aims to examine the relationship between internet addiction and psychosocial difficulties among adolescents aged 13 to 16.

Methods: The research was conducted with a total of 88 participants aged between 13 and 16 years, including 19 males and 69 females. Data were collected using the Strengths and Difficulties Questionnaire (SDQ) and the Young Internet Addiction Scale. Statistical analyses were performed using the Mann-Whitney U and Kruskal-Wallis tests, with a significance level set at $p < 0.050$.

Results: According to the Mann-Whitney U test results, there were statistically significant differences between internet addiction and emotional problems ($p = 0.009$), prosocial behavior ($p = 0.012$), and total difficulties score ($p = 0.029$). The Kruskal-Wallis test results indicated a significant relationship between the scores of the internet addiction scale and the SDQ scores ($p = 0.007$).

Conclusion: The findings suggest that internet addiction may negatively impact adolescents' emotional balance and social relationships. These results align with previous studies in the literature. However, further research is needed to explore the role of individual and familial factors in this relationship. This study underscores the connection between internet addiction and emotional issues, prosocial behavior, and overall psychosocial difficulties among adolescents. Interventions to mitigate the psychosocial effects of internet addiction are crucial. Future studies with larger sample sizes may provide a deeper understanding of these relationships.

Keywords: Adolescent, Internet Addiction, Psychosocial Difficulties, SDQ, Young Internet Addiction Scale

PP24

Effect of Crisis Management on Performance in the Covid-19: Example of Health Sector

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Purpose: Worldwide, the Covid-19 epidemic has become a widespread pandemic and seriously life-threatening, causing a crisis. Large-scale crises such as the pandemic bring important responsibilities to individuals, society and organizations. Minimizing the effects of the crisis and creating new opportunities from these crises will be possible with the ability of the business and good management of the crisis. In this process, managers with high emotional intelligence and their ability to produce urgent solutions are of great importance in order to manage the crisis correctly by minimizing the negative effects of the pandemic. The aim of this study is to determine the mediating role of emotional intelligence in the effect of the Covid-19 crisis management on the performance of the healthcare personnel in private hospitals serving on the European side of İstanbul with the help of the structural equation (SEM) model.

Methods: To determine the mediating role of emotional intelligence in the effect of the Covid-19 crisis management on the performance of the healthcare personnel in private hospitals serving on the European side of İstanbul with the help of the structural equation (SEM) model. The sample of the study consists of 692 health personnel in different positions.

Results: According to the SEM estimation results; crisis management dimension has a significant positive effect on performance ($\beta = 0.482$, $p < 0.010$). The crisis management dimension has a positive and significant effect on emotional intelligence ($\beta = 0.231$, $p < 0.010$). Emotional intelligence dimension has a positive and significant effect on performance ($\beta = 0.394$, $p < 0.010$). It has been determined that emotional intelligence has a mediating role in the effect of crisis management on performance. Thus, the H1, H2, H3 and H4 hypotheses were accepted.

Conclusion: In the group differences tests for demographic characteristics, significant differences were obtained for some dimensions in terms of gender, age, marital status, education, income perception, time worked in the profession, and time worked in the hospital. The sub-hypothesis H5 was partially accepted.

Keywords: Crisis Management, Emotional Intelligence, Performance, Structural Equation Mode