

LISTA DE POSTERS

participants at Time2 showing higher well-being than at Time1. There was no significant Time by Group interaction, indicating that this pattern of improved well-being after participation in the study was similar for all groups. However, inspection of the means indicates that the control group did not show significant improvement in well-being from T1 to T2.

Conclusions: Results indicated firstly a high dropout rate, which hinders solid inferences, but points to people's difficulty in adhering to such a program.

Tentative results pointed to positive effects of Combined Exercise and Meditation on reducing Perceived Stress, and of Exercise and Meditation individually on improving an overall index of well-being, calculated from all the measures combined. Results need to be substantiated by further studies using larger samples.

The lack of commitment to training and meditation programmes in the Cypriots of this age group, which is the majority of the working population is in itself an important observation. The commonest element in the justifications given for non-adherence, but also for not entering the programmes, is related to time. The tasks are regarded as time-consuming and not a priority in their daily routine. Job obligations suddenly appeared for many, while others complained that exercise fatigue was too much for them. Drop out has been reported in by other studies. Those that adhere to these programmes, appear to benefit from exercise and meditation. However, since they appear to be a minority, they may not represent the general population and be a self-selected group with personality characteristics favouring adaptation and stress reduction.

45/02 - "Exploring Psychomanteum as a psi-conductive state of consciousness: Psychological, neuropsychological and parapsychological research of anomalous cognition (ESP) using dynamic/non-dynamic (emotional) visual targets, observation /no-observation conditions, and psychomanteum /non-psychomanteum sessions"

Instituição/Institution: Instituto de Psicología Paranormal, Buenos Aires - Argentina

Duração/Duration: 2003/03 - 2005/01

Investigadores/Researchers: Dr. Alejandro Parra, Dr. Jorge Fernando Villanueva

Abstract: Objectives: This mirror gazing procedure termed "psychomanteum" was developed to facilitate reunions with deceased individuals, as a way of addressing feelings of bereavement. The purpose of the modern psychomanteum tends to be to facilitate reunions; the aim is not usually to seek ESP information about the future. However, the aim of this research project was explore if the psychomanteum is a psi-conductive state of consciousness above chance expectation, and –if it works– would be related to an altered state of consciousness or not.

Method: There are many similarities and differences between psychomanteum experiences and accounts of hypnagogic /hypnopompic imagery. The hypnagogic-like imagery could be psi-conductive. One hundred thirty-three participants (both 95 females and 38 males; Mean age= 47.44; SD= 12.02), were recruited by announcements in newspapers and magazines. Ninety six of them (78%) claimed to have had sometimes ESP experiences, 51 of them claimed to have ESP ability (41.8%), and 52 of them claimed have not ESP ability (42.6%). Each subject received seven questionnaires Pre-psychomanteum Questionnaire, Psi Previous Experiences, Betts's Vividness of Imagery Scale, Barrett's Hallucinations Questionnaire, Neo Personality Inventory –Revised, Schizotypal Personality Questionnaire, Revised Physical Anhedonia Scale and Phenomenology of Consciousness Inventory. Two conditions, psychomanteum and non-psychomanteum condition, were performed. Both conditions were blind to the experimenter, receiver, and sender.

Results: Under psychomanteum condition, psi-hitting was obtained (29.2%, notably above chance expected); however, under no-psychomanteum ("control") condition, 24.6% was obtained. The results differ significantly from mean chance expectation in psychomanteum condition ($p = .03$) in comparison with no-psychomanteum condition, but no significant differences were found.

LISTA DE POSTERS

Conclusions: These interesting results seems to suggest that psychomanteum condition somehow optimizes psi-communication. A number of positive correlations were also found, for instance, subjects who scored higher Auditory ($p = .005$) and Visual hallucination ($p = .008$) scores tended to score psi-hitting. Sixty six participats underwent by two type of targets, video-clip (dynamic) and image-picture (no-dynamic), but no significant results were found.

51/02 - "Psychological and Parapsychological Investigations of Alleged Alien Abductees: Phase I"

Instituição/Institution: Anomalistic Psychology Research Unit, Goldsmiths College, University of London - UK

Duração/Duration: 2003/10 - 2006/01

Investigadores/Researchers: Prof. Christopher Charles French, Dra. Julia Santomauro, Dr. Michael Thalbourne

Abstract: Objectives: Previous research has suggested certain psychological differences exist between those who report memories of alien contact ('experiencers') and the general population. This project aimed to replicate some previously reported findings with a UK-based sample of experiencers ($N = 19$) as well as to collect data on some hitherto uninvestigated psychological and parapsychological measures.

Methods: The project included the following components: (a) participants completed a batch of pencil-and-paper tests measuring psychological variables of interest; (b) they completed a word-list-based experimental test measuring susceptibility to false memories; and (c) they completed computerised tests of clairvoyance, precognition and psychokinesis. Responses from experiencers were compared with age- and gender-matched controls who did not have any memories of extraterrestrial contact.

Results: Experiencers scored significantly higher than the control group on the Australian Sheep-Goat Scale and on the Anomalous Experience, Paranormal Belief and Paranormal Ability sub-scales of the Anomalous Experience Inventory. They also scored significantly higher than the control group on the Launay-Slade Hallucination Scale, Tellegen's