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ОДЕСЬКЕ ТОВАРИСТВО ПСИХОЛОГІВ

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THE RELATIONSHIP BETWEEN STUDENT VITALITY, DIFFERENT PERFECTIONISM DIMENSIONS, TRAIT MINDFULNESS AND SELF-COMPASSION

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Subjective vitality is defined as a positive feeling of aliveness and energy and it is a crucial aspect of well-being [1]. Previous studies indicate that mindfulness and self-compassion enhance subjective vitality, while perfectionism is a significant risk factor for student well-being. However, various empirical research exploring the link between perfectionism and vitality reveals conflicting results. These inconsistent findings could be linked with the differentiation of adaptive and maladaptive perfectionism subtypes and with factors that could potentially mitigate the harmful consequences of perfectionism. The purpose of this research was to evaluate the relationship between university students' subjective vitality and perfectionism along with two protective factors – trait mindfulness and self-compassion.

105 students participated in this research. Their age ranged from 18 to 33 years ($M = 21.9$; $SD = 2.35$). The majority of participants were female (73%) and undergraduate students (81%). Respondents filled out self – report scales that measured perfectionism [5], subjective vitality [4], trait mindfulness [2] and self-compassion [3]. The data were analyzed using cluster analysis, analysis of variance and regression analysis.

The findings of this research showed significant differences in subjective vitality, self-compassion and trait mindfulness between all participant groups, which were established according to perfectionism subtypes. All of the aforementioned constructs were highest among adaptive perfectionists. Non-perfectionists exhibited a fewer of these traits, while maladaptive perfectionists were characterized by the lowest scores of vitality, self-compassion, and trait mindfulness. Regression analysis showed that trait mindfulness and self-compassion independently predicted subjective vitality even when taking the effects of perfectionism traits into consideration.

The findings of this research suggest that trait mindfulness and self-compassion might be important factors in relation to higher student vitality, while maladaptive perfectionism is a risk factor for subjective vitality. These results could be used in creation of practical interventions for nurturing student well-being and enhancing vitality.

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THE EFFECTS OF PREFRONTAL CORTEX TRANSCRANIAL DIRECT CURRENT STIMULATION (TDCS) ON FOOD CRAVING IN ADULTS - RESEARCH REVIEW

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1. Introduction

According to the latest study released by the Lancet, more than 1 billion people in the world are living with obesity. Moreover, obesity among adults has more than doubled since 1990, and has quadrupled among children and adolescents (Phelps et al., 2024). Food craving plays an important role in etiology of obesity and overweight. Craving, has been defined as „an irresistible urge to consume” and has been associated with both overeating and substance abuse (Wang et al., 2004). The results of recent neuropsychological studies have been shown that the dorsolateral prefrontal cortex (DLPFC) is related to balanced appetite regulation. The DLPFC is a functional structure of the human brain that is responsible for the executive functions such as decision-making, cognitive flexibility, and inhibition (Mostafavi et al., 2018). What is more, hypoactivation of DLPFC has been associated with less ability for eating control. In this case, results of studies using non-invasive brain stimulation technique called transcranial direct current stimulation (tDCS), has been indicated to reduce food craving. TDCS is a neuromodulation technique with potential to treat eating disorders and obesity by increasing DLPFC activity. This form of stimulation involves the application of a weak electrical current, typically up to 2 milliampere (mA), to a specific region of the brain via two electrodes that are placed over the scalp (Nitsche & Paulus, 2000). The present research examine the latest studies results on the effects of prefrontal cortex transcranial direct current stimulation on food craving in adults.

2. Food craving and its association with functioning of dorsolateral prefrontal cortex (DLPFC)

The dorsolateral prefrontal cortex (DLPFC), is a functional structure of the human brain located in the frontal lobe. It's associated with several cognitive functions, including working memory, executive functioning, inhibition of impulses and decision-making. Overall, the DLPFC plays a critical role in higher-order cognitive functions and is essential for adaptive behavior and goal-directed actions. It is also shown that that the dorsolateral prefrontal cortex is related to balanced appetite