

UNIVERSITY OF NAMIBIA

# THE INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN PSYCHOSOCIAL WELLBEING (ETPW2025)



**Dates:** 21-23 October 2025

**Venue:** Peter Nyarango Auditorium, Life Sciences 2, Hage Geingob Campus, UNAM  
(In person)

**Join Zoom Meeting:** <https://zoom.us/j/96853964262?pwd=04ovcZc2LSBd1v5mDd4B-2v0Hmsn55d.1>

**Meeting ID:** 968 5396 4262 | **Passcode:** KP2040

## PROGRAMME

### OPENING OF THE INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN PSYCHOSOCIAL WELLBEING (ETPW2025)

**Director of Ceremonies:** Dr Clifford K. Hlatywayo, Local Organising Chair, ETPW 2025

#### DAY 1: 21 OCTOBER 2025

**Time:** 09:00 - 11:00 (CAT)

Time (CAT)	Activity	Presenter/Speaker
08:00 - 09:00	Registration	
09:05	Welcoming Remarks	<b>Prof Judith Hall</b> Executive Dean: Faculty of Health Sciences & Veterinary Medicine
09:15	Overview of the Conference	<b>Prof Poonam Dhaka</b> TPC Chair ETPW
09:25	Remarks	<b>Dr Joseph Ndinoshiho</b> Acting PVC RID: University of Namibia
09:35	Remarks	<b>Prof (Dr) Anicia Peters</b> CEO: National Commission of Research, Science and Technology (NCRST)
09:45	Remarks	<b>Prof Frednard Gideon</b> Pro Vice-Chancellor for Academic Affairs, UNAM
09:55	Remarks	<b>Prof Colin Stanley</b> Acting DVC Research, Innovation and Partnerships, Namibia University of Science and Technology
10:10	Keynote Speaker	<b>Prof Sebastiaan (IAN) Rothmann</b> Industrial Psychologist and the director of the Optentia Research Unit, North-West University (NWU), South Africa
10:25	Opening Remarks	<b>Prof Kenneth Kamwi Matengu</b> Vice-Chancellor:UNAM
10:35	Vote of Thanks	<b>Prof Cilas Wilders</b> Associate Dean, SAHS, University of Namibia
10:45 - 11:00		<b>TEA BREAK</b>

Time (CAT)	Keynote Speaker's Session 1
11:00 - 13:00	Chair 1: Dr Shelene Gentz: University of Namibia Chair 2: Dr Namongo Chilwalo: University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
11:00	Building Blocks of Human Performance in Memory and Brain – New Technologies for Training and Psychosocial Wellbeing	<b>Prof Dr Phil Thomas Schack</b> Professor for Neurocognition and Action – Biomechanics at Bielefeld University, Germany
11:30	Work life balance and mental health	<b>Prof Roshan Lal Dahiya</b> Professor of Psychology, University of Delhi, India
12:00	Psycho-social Wellbeing among Children	<b>Prof Panch Ramalingam</b> Professor cum Director (i/c), UGC-Malaviya Mission Teacher Training Centre Pondicherry University, India International President, Asia Pacific School Psychology Association (APSPA), Malaysia President, Indian School Psychology Association
12:30	Global Sampling Disparities and Peer Review Bias in Developmental Science—And Namibia's Unique Potential to Advance Our Understanding of Child Development	<b>Dr Roman Stengelin</b> Institute for Evolutionary Anthropology in Leipzig, Germany.
<b>13:00- 14:15</b>	<b>LUNCH BREAK</b>	

Time (CAT)	Technical Session – FL-1
14:15 - 15.30	Chair 1: Dr Elizabeth Ndeshinuninwa Shino: University of Namibia Chair 2: Dr. Johanna C. Ndilimeke Nashandi: University of Namibia

Paper ID	Title of Paper and Authors	Presenter
2	An investigation on the relationship between mental health, psychological empowerment and workplace agility: The case of Namibian high school teachers <i>Alicia Fernandes, Clifford Hlatywayo and Joanne Marshall</i>	Alicia Fernandes
4	Investigating the impact of work stress on flourishing of employees during the COVID-19 pandemic in Namibia <i>Sinead Jurgens and Wesley Pieters</i>	Sinead Jurgens
6	Assessing the factors that influence Satisfaction with Life and Personal Growth of the Nedbank Desert Dash 2023 cyclists in Namibia <i>Anika Liedtke and Wesley Pieters</i>	Anika Liedtke
58	Lived Experiences in Kinship Care: A Qualitative Study of Aawambo Individuals raised by their Grandparents in the Omusati region, Namibia <i>Eugenia Henok and Shelene Gentz</i>	<i>Eugenia Henok</i>
5	Exploring Factors Predisposing Patients to Parasuicide Among Patient Admitted at a Hospital in Namibia <i>Hilma Katangolo, Phillipine Nakakuwa and Haingura Petrus</i>	Hilma Katangolo
<b>15:30 - 15:45</b>	<b>TEA BREAK</b>	

Time (CAT)	Technical Session – FL- 2
15:45 - 17.15	Chair 1: Dr Annelisa Murangi: University of Namibia Chair 2: Dr Zeldah U. Rukambe: University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
15:45-16:10	Holistic Development through Panchkoshiya Samvardhan: A Traditional Indian Perspective	<b>Prof Payal Chandel</b> Professor and Head of the Psychology Department at the Central University of Haryana, India

Paper ID	Title of Paper and Authors	Presenter
8	Evaluating the role of psychological ownership and Organisational justice on Turnover Intention of Police officers in Windhoek, Namibia <i>Aleash Maletzky, Lea Haidula and Wesley Pieters</i>	<i>Lea Haidula</i>
13	<i>Mental health readiness of caregivers during the reintegration process of children from residential child-care facilities in selected regions of Namibia.</i> <i>Dainess Amukwelele and Annelisa Murangi</i>	Dainess Amukwelele
17	Students' supervision in Namibia: The perspectives of Social Work practitioners. <i>Lovisa Nghipandulwa, Janet Ananias and Pius Tanga</i>	Janet Ananias
20	Understanding the Impact of "Black Tax" on Black Professionals' Mental Health in Kavango East, Namibia <i>Faustinus Shikukutu and Alexander Dikuwa</i>	Faustinus Shikukutu

## DAY 2: 22 October 2025

Time (CAT)	Workshop Session 1
08:30 - 10:00	Chair 1: Dr Manfred Janik, University of Namibia Chair 2: Ms Alicia Fernandis, University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
08:30- 10:00	The Africa Long Life Study: Trajectories of psychosocial wellbeing for emerging adults in Namibia, South Africa, and Kenya	Prof Amber Gayle Thalmayer Universität Zürich

Time (CAT)	Workshop Session 2: Namibian Workplace Future-Fit Talent Search; Development and Standardisation.
10:00 - 11:00	Chair 1: Dr Manfred Janik, University of Namibia Chair 2: Dr Emma Leonard, University of Namibia

Paper ID	Title of Paper and Authors	Presenter/Speaker
7	Developing a Recruitment and Selection Psychometric Tool Across Industries in Namibia <i>Poonam Dhaka, Annelisa Murangi, Wesley Pieters</i>	Annelisa Murangi and Wesley Pieters
<b>11:00- 11:15</b>	<b>TEA BREAK</b>	

Time (CAT)	Technical Session – FL- 3
11.15- 13:00	Chair 1: Prof Wesley Pieters, University of Namibia Chair 2: Dr Ndumba J Kamwanyah, University of Namibia

Paper ID	Title of Paper and Authors	Nestor Tomas
26	Perceived Spiritual Care Competence and Attitudes in Undergraduate Nursing Students: An Exploratory Factor Analysis <i>Nestor Tomas and Miltrud Nyaku</i>	Nestor Tomas
37	Relationship Between Gratitude and Stress Among University Students <i>Tabea Kuhne and Poonam Dhaka</i>	Tabea Kuhne
38	The mediating effect of narcissism on the relationship between organisational culture, and job performance in the Public Service of Botswana. A case of Ministry for State President <i>Bronia Badubi and Clifford Hlatywayo</i>	Bronia Badubi
39	Study and Analysis of Students' Attitudes and Behavioural Intentions toward Online Learning Systems Adoption in Higher Education <i>Ramdulari Upadhayay, Kavita Verma and D N Sharma</i>	Ramdulari Upadhayay
40	Digital Connections, Real Consequences: Exploring Social Media, Interpersonal Relationships, and Psychological Well-Being in Windhoek <i>Manfred Janik and Adrian Louw</i>	Manfred Janik

41	Towards empowerment and flourishing of South African Indian women: 164 years after crossing the Kala Pani (Dark Water) <i>Vedhna Dayanand-Lalla and Chrizanne Van Eeden</i>	Vedhna Dayanand-Lalla
44	Work Family Conflict- Family to Work Conflict: Implications on performance and turnover intention of working mothers in selected private organisations in Windhoek, Namibia <i>Annelisa Murangi and Mckenzie Mary-Kathleen</i>	Mckenzie Mary-Kathleen
<b>13:00 - 14:15</b>	<b>LUNCH BREAK</b>	

Time (CAT)	Keynote Speaker's Session 2
14:15 - 15.15	Chair 1: Dr Arpit Jain, Namibia University of Science and Technology Chair 2: Dr Zeldah U. Rukambe: University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
14:15	Partnerships between universities and community organizations: conceptualizing strategies to ensure sustainability	<b>Dr Lynda Gibson</b> Clinical Assistant Professor and Director of the Psychological Services Center at the University of Illinois Urbana-Champaign
14:45	Preparing generation alpha to thrive in an AI world	<b>Prof Cristine Legare</b> Professor of Psychology, Founder and Director of the Center for Applied Cognitive Science, University of Texas, Austin
15:15	Mixed-methods studies and evaluations on child protection and wellbeing	<b>Prof Mónica Ruiz-Casares</b> Professor, School of Child & Youth Care, Toronto Metropolitan University
<b>15:45- 16:00</b>	<b>TEA BREAK</b>	

Time (CAT)	Technical Session – FL- 4
16:00- 17:30	Chair 1: Prof Susan Gano-Phillipus: University of Michigan-Flint Chair 2: Dr Annelisa Murangi: University of Namibia

Paper ID	Title of Paper and Authors	Presenter
45	Suicide ideation and depression in students at a selected institution of higher learning in Windhoek, Namibia <i>Ashley Mwilima and Elizabeth Shino</i>	<i>Ashley Mwilima</i>
50	Association of Childhood and Adolescent IQ, Cognitive Skills, and Academic Performance on Suicidal Behaviour Later in Life: A Systematic Review <i>Samantha Farmer and Poonam Dhaka</i>	Samantha Farmer
51	Exploring the relationship between psychological flexibility and mindfulness of working parents in Windhoek, Namibia <i>Florentia Amuenje and Poonam Dhaka</i>	Amuenje Florentia
54	Understanding Perinatal Depression and its Psychosocial Determinants through the Experiences of Namibian Women. <i>Saara Hatupopi, Mariatha Yazbek and Anna van der Wath</i>	Saara Hatupopi

## DAY 3: 23 OCTOBER 2025

Time (CAT)	Technical Session – FL- 5
8:30- 10.30	Chair 1: Ms Lea O.N Haidula: University of Namibia Chair 2: Ms Dainess Amukwelele: University of Namibia

Time (CAT)	Activity/Title	Presenter/Speaker
8:30-8:50	Self-compassion: contemporary issues and challenges	<b>Dr.Priyanka Tiwari</b> Assistant Professor of Psychology, Department of Psychology, University of Delhi, India

Paper ID	Title of Paper and Authors	Presenter
53	Statistical Significance of Ensemble versus Non-Ensemble Classifiers in Mental Health Disease Prediction <i>Biplab Kumar Rath, Pavan Kumar, Neelamadhab Padhy, Pradeep Mahapatro, Dasaradha Arangi and Rasmita Panigrahi</i>	Biplab Kumar Rath
56	Boosting-Based Machine Learning Models for Mental Health Disease Prediction: A Comparative Performance and Statistical Significance Analysis <i>Neelamadhab Padhy, Pradeep Mahapatra, Dasarada Arangi and Rasmita Panigrahi</i>	Neelamadhab Padhy
36	Living with migration: Experiences of left-behind children in Zimbabwe <i>Chenjerai Muwaniki, Constance Gunhidzirai and Leena N Shimpanda</i>	Chenjerai Muwaniki
27	Prevalence and patterns of alcohol consumption and tobacco use among undergraduate students at a Namibian University Campus <i>Sylvia Mahoto, Ndasilohenda Katangolo- Nakashwa and Eddy Likando</i>	Sylvia Mahoto
<b>10:30-10:45</b>	<b>TEA BREAK</b>	

Time (CAT)	Technical Session – AB- 1
10:45- 12.30	Chair 1: Prof Janet Ananias: University of Namibia Chair 2: Mr Fritz Andrew Beukes: University of Namibia

Paper ID	Title of Abstract and Authors	Presenter
3	The Adulthood Transition in Sub-Saharan Africa: Insights from Qualitative and Quantitative Research <i>Selma Uugwanga</i>	Selma Uugwanga
14	Developing an Induction Program to Promote New Faculty Success <i>Susan Gano-Phillips</i>	Susan Gano-Phillips
15	Coping with Academic Stress: Analysing the Effectiveness of Coping Strategies Among Namibian University Students <i>Beatriz Rosa and Susan Gano-Phillips</i>	Beatriz Rosa
25	Family member and caregiving involvement in early childhood development for lifelong well-being <i>Janetta Ananias, Emma Leonard and Victoria Sharley</i>	Janetta Ananias

28	Perceptions of life skills teachers on child suicide in Erongo region <i>Tadiwanashe Mutsikwi and Zeldah Rukambe</i>	<i>Tadiwanashe Mutsikwi</i>
30	Exploring Contributing Factors to Mental Health Challenges amongst Social Workers in Correctional Facilities in Khomas and Hardap Regions, Namibia <i>Patience Muyunda and Zeldah Rukambe</i>	<i>Patience Muyunda</i>
31	The Perceptions of Traditional leaders serving the Otjiherero community regarding the influence of culture on Gender- Based Violence against women in Kamanjab and Outjo, Kunene region <i>Ngaitjitue Hengari and Zeldah Rukambe</i>	<i>Ngaitjitue Hengari</i>
33	The Mediating Effects of Self-Compassion on Daily Hassles and Well-Being <i>Kesego Karango and Susan Gano-Phillips</i>	<i>Kesego Karango</i>
57	Building Blocks of Human Performance in Memory and Brain - New Technologies for Training and Psychosocial Wellbeing <i>Thomas Schack</i>	<i>Thomas Schack</i>

## VALEDICTORY SESSION

Time (CAT)	Activity	Presenter / Speaker
12.30	Welcoming Remarks	<b>Prof Cilas Wilders</b> Associate Dean, SAHS, University of Namibia
12:40	Guest Speaker	<b>Prof Stephen B. Gilbert</b> Faculty Director for Undergraduate Research and Creative Activities, Iowa State University, USA
12:55	Recommendations of the Conferences	<b>Prof Poonam Dhaka</b> TPC Chair, ETPW 2025
13:00	Vote of Thanks	<b>Dr Clifford K. Hlatywayo</b> Local Organising Chair, ETPW 2025
13:10 - 14:00	<b>LUNCH BREAK</b>	

Thank you