

**Abstract for**

**20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"**

Presentation

Workshop

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Presentation title:

**Exploring Mentalization, Epistemic Trust, Personality Traits, and  
Psychological Distress among Brazilian Immigrants in Germany:  
A Pilot Study**

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Abstract text up to 15 lines in English:

**Introduction:** Mentalization is the ability to understand and interpret thoughts, feelings, and intentions of oneself and others, involving attributing mental states and recognizing their influence on behavior. 'Epistemic Trust' (ET) has emerged as a recent development in this field, consisting of openness to receiving personally relevant and broadly applicable social knowledge. Methods: An online survey was conducted with 497 Brazilians living in Germany. The Mentalization Scale (MentS), the Epistemic Trust, Mistrust and Credulity Questionnaire (ETMCQ), The Big Five Inventory - Short Version (BFI-20), and the Clinical Outcome Routine Evaluation (CORE-10) scales were applied.

**Methods:** An online survey was conducted with 497 Brazilians living in Germany. The Mentalization Scale (MentS), the Epistemic Trust, Mistrust and Credulity Questionnaire (ETMCQ), The Big Five Inventory - Short Version (BFI-20), and the Clinical Outcome Routine Evaluation (CORE-10) scales were applied.

**Results:** Total MentS scores correlated positively with all BFI factors except Neuroticism, while scores related to others and Motivation to mentalise correlated positively with Openness, Extroversion and Amiability. MentS scores related to the Self correlated positively with Openness, Conscientiousness, Extraversion and Amiability, and negatively with Neuroticism and CORE-10. Further associations were observed between BFI-20, CORE-10 and components of the ETMCQ.

**Conclusions:** Our data corroborate the relevance of the ET concept, which aspires to be transtheoretical and transdiagnostic, proving valuable in patient assessment, treatment planning, and the evaluation of intervention effectiveness.