



EA 2026

Poznań, Poland · 29 June–1 July 2026

Programme Schedule

International Conference: **Emerging Adults on the Road to Maturity**. Main oral sessions by day, time and room.

Information for participants: the programme below presents the current allocation of main oral sessions. Minor adjustments to rooms and order of presentations may still occur.

DAY 2

Tuesday, 30 June 2026

Main oral sessions

9:30–11:00

Parallel oral sessions

MAIN ROOM

Identity Development and Exploration

Jan Philipp Amadeus Aden

VALENCES OF THE TRANSITION TO ADULTHOOD AMONG YOUNG AUSTRIANS: DEVELOPMENTAL GAINS AND BURDENS

Teresa Maria Sgaramella

Understanding Transitions in Emerging Adulthood: Balanced Time Perspective and Dimensions of Wellbeing

Oliwier Walczak

Positive Solitude and Identity Development: A Structural Equation Model on a Sample from Poznań

Megan Wright

Thirty, Flirty, and Thriving? How Misalignment Between Expectations for Adulthood and Reality Impacts Women in Late Emerging Adulthood

ROOM 1

Migration and Acculturation

Itzel Eguiluz

The Privilege Paradox: Life Stage and Health Barriers Among High-skilled Venezuelan Migrants in Mexico City

Dominika Matavovszky

Navigating Emerging Adulthood Far from Home: Psychological, Sociocultural, and Academic Adaptation of International Students in Hungary

Zipporah Kaaria

Acculturation Stress and Onset of Mental Disorders Among Immigrant Emerging Adults in the Kenyan Context

Guðbjörg Ottósdóttir

Syrian and Iraqi refugee young adults' affordances and trajectories into adulthood

ROOM 2**Loneliness and Social Disconnection****Jan Matera / Aleksandra Panek**

Loneliness Profiles and Identity Development in Emerging Adults: A Latent Class Analysis and Structural Equation Modelling Study

Erin Fitzpatrick

Who's There When You Need Them? Place and the Architecture of Support for Emerging Adults in an Australian Community

Michele Wang

Social Withdrawal among Emerging Adults

Camille Elder

Longitudinal Relations between Social Support and Compassion and Self-Compassion in Emerging Adulthood

ROOM 3**Theory and Conceptual Work****Lucyna Bakiera**

The Transition to Adulthood - A Proposal for a Multidimensional Approach

Sylwia Jaskulska

Building Bridges Between Arnett's and Havighurst's Theories: New Developmental Tasks in Emerging Adulthood

Kaja Korošec

New trends in literature about emerging adulthood: A scoping review of empirical studies on family and home environment

Melissa Landers-Potts

What does the research say about experiencing parental divorce during emerging adulthood? Not much.

11:15-12:45**Parallel oral sessions****MAIN ROOM****Identity and Minority Experiences (Middle East)****Miraz Hashoul**

The Future as a Horizon of Hope and Repair: Future Perception among at risk Young Arab Women

Batya Ghatan

Mizrahi Ethnicity in Motion: Negotiating Identity and Belonging in Emerging Adulthood

Ruba Aburass Mograbe

Arab Young Adults' Voices on Intersecting Risks and Identity Formation In Israel: Toward Context-Informed Social Work Practice

Shira Pagorek-Eshel

The Psychological Outcomes of Online Racism Among Young Adult Arab-Palestinians in Israel: The Moderating Role of Ethnic Identity, National Self-Definition, and Social Media Political Participation

ROOM 1**Family and Attachment****Omayck Fernando Valarezo Bravo**

Attachment to Parents, Friends and Romantic Partners and their Influence on Mental Health in Emerging Adults: A Longitudinal Mediation Analysis within a Dual-Continua Framework

Mari Carmen García-Mendoza

Growing Apart or Growing Together? Family and Flourishing in Emerging Adulthood: A longitudinal Analysis of Spanish University Students

Águeda Parra

The Lasting Impact of Family Social Support

Kristel Tardif-Grenier

Compensatory Effects of Parental Support on Sense of Belonging to College Amid Psychological Distress: A Mixed Methods Study

ROOM 2**Digital and Media Contexts****Clare Mehta**

"Technology is Advancing Into our Daily Lives": Emerging Adults Use and Perceptions of AI

Mariya Kuzyan

Social Media Fatigue And Well-Being In Emerging Adulthood: The Role Of Social Media Use Among University Students

Tabitha Holmes

Chronical Stories as a Context for Development: How the Evolving Lives of Content Creators are Experienced by Emerging Adults

Dariusz Krok

Mass Media and Mental Health in Emerging Adults: The Role of Social Media Mindsets in Psychological Well-Being

ROOM 3**Methods and Measurement****Viktor Clark**

mHealth Interventions Applied to Cancer Prevention Among Young Adults (Ages 18–39): A Systematic Review

Josh Anderson

HIERARCHICAL CARD SORT: A MIXED-METHODS TOOL FOR MAPPING EMERGING ADULTS' INFORMATIONAL SUPPORT PREFERENCES

Gaby Tjahjono

Global Identity Formation Scale (GIFS) Validation: Measuring Exploration and Commitment in U.S. College Students

Anita Radziun / Wiktoria Grzelak

Social media addiction among students: predicting mental health and addictive behavior using random forest models

13:45–15:15**Parallel oral sessions****MAIN ROOM****Pathways to Mapping Mental Health in College Emerging Adults****María del Carmen García-Mendoza**

Growing Apart or Growing Together? Family and Flourishing in Emerging Adulthood: A longitudinal Analysis of Spanish University Students

Águeda Parra

The Lasting Impact of Family Social Support

Tülin Şener

From Academic Achievement to Psychological Well-Being: The Mediating Role of Social Media Use in Emerging Adulthood

ROOM 1**Parenthood and Life Course****Petra Coufalová**

Childfreeness as a Way of Navigating Emerging Adulthood

Paweł Ciesielski

Factors Influencing The Desire For Parenthood Among Emerging Adults: A Cross-Cultural Analysis

Oktawia Zalewska

Future Anxiety and Postponing Parenthood: The Mediating Role of Life Satisfaction and Maturity for Parenthood

Michał Meisner

From Attachment Styles to Parenthood Timing: The Mediating Roles of Positive Orientation and Antinatalist Beliefs

ROOM 2**Work, Career, and Economy****Wenting Sun**

"I Feel Lost": Career Identity Exploration During Transition-Out in China's Elite Sport System

Cláudia Andrade

"Too Young to Be Taken Seriously": Ageism and Labor Market Inequality among Portuguese Emerging Adults

Kingsley Wang

Elite Rowers as a Distinct Career Sub-Population: Transition-Out Experiences in China's State-Sponsored Sport System

Lucyna Myszka-Strychalska

The needs of young people from vocational schools in terms of supporting the development of their employability – research reports

ROOM 3**Relationships and Intimate Life****Ashley LeBaron-Black**

Single, but Ready to Mingle? Financial and Relational Predictors of Relationship Flourishing Among U.S. Unmarried Emerging Adults

Annie Dumont

Choosing Differently: How Exposure to Intimate Partner Violence Shapes Early Adult Decisions

Małgorzata Szcześniak

Helicopter Parenting and Life Satisfaction in Emerging Adulthood: The Mediating Role of Procrastination and Readiness for Parenthood

Yafit Sulimani-Aidan

The Role of In-Care Experiences in Fostering Care Leavers' Development and Resilience During Emerging Adulthood

DAY 3**Wednesday, 1 July 2026****Main oral sessions****9:30–11:00****Parallel oral sessions****MAIN ROOM****Racism, Stress, and Sociopolitics****Pär D. Stern**

Experiences of Racism in the Transition from Adolescence into Emerging Adulthood in Sweden

Seth Schwartz

Paralyzed by Trump? Sociopolitical stress, mental health, and tobacco use among Mexican American emerging adults

Seth Schwartz

Immigration-Related Sociopolitical Stress, Mental Health, and Tobacco Use Among Mexican American Emerging Adults

Žiga Mekiš Recek

From uncertainty to democratic backsliding? Future worries, polarization, and anti-democratic attitudes in emerging adults

ROOM 1**Mental Health and Clinical Contexts****Alex Ajayi**

Body Image Disturbance and Substance Misuse as Longitudinal Predictors of Psychological Distress in Emerging Adults

Julia Krawczyk

"Pushed Away Though We Hurt Too": Emerging Adults Facing Unexplained Persistent Physical Symptoms in Poland – Can We Do Better?

Natalia Nowaczyk

Cognitive and socio-emotional development in young adults with epilepsy – case report and highlights

Sarah Narendorf

Developing and Testing an Innovative Model to Support Mental Health among Young Adults Experiencing Homelessness

ROOM 2**Structural and Economic Contexts****Bridgette Lery**

California's Guaranteed Income Pilot for Youth Aging Out of Foster Care – Impacts at Program Exit

Amrut Bang

On The Road To Financial Maturity: Recalibrating Salary Expectations And Reducing Financial Anxiety In Emerging Adults in India

Oliwier Walczak

Investigating The Most Impactful Factors For Young Adults To Stay In Family Household By The Example Of Poland In 2022

Teresa Maria Sgaramella

Systemic Influences, Sense of Belonging and Pathways Toward Maturity and Wellbeing: Evidence from a Pilot Study

ROOM 3**Community, Identity, and Contemporary Life****Utpal Roy**

Place matters in developing physical/mental health among Indian Emerging Adulthood

Ondřej Hrubeš

Volunteering as a Source of Community Identity in Emerging Adulthood

Helena Walasz

Visible Selves, Uncertain Paths: Experience of Questioning Gender and Gender Identity in Emerging Adulthood

11:15–12:45**Parallel oral sessions****MAIN ROOM****Risk and Resilience (Arab Contexts)****Haneen Karram-Elias**

Pathways to Resilience: Experiences of At-Risk Arab Young Adults in Israel During Emerging Adulthood

Doaa Daka

Suicidality Among Arab Emerging Adults in Israel: Psychosocial and Cultural Factors

Raghda Alnabilsy

"Hearing Us Changes the Story": Young Arab-Palestinian Women's Reflections on Research Findings on Childhood Abuse and Barriers to Service Use in Israel

Samah Mahamid

Risks and Stressors among Care Leavers in Arab Society during Emerging Adulthood

ROOM 1**Coping and Emotion Regulation****Gabriela Fernández-Theoduloz**

Maladaptive Emotion Regulation and Internalizing Symptoms in Emerging Adulthood: A Longitudinal Study from Uruguay

Monique Crane

Unpacking the Metacognitive Foundations of Coping Flexibility in Emerging Adulthood

Hajnalka Turóczy

Loneliness in Emerging Adulthood: Conceptual Ambiguities and Context-Dependent Coping

Marianna Chmiel

Psychological Well-being and Meaning in Life Among Emerging Adults: The Mediating Role of Psychological Resilience

ROOM 2**Cross-Cultural Perspectives****Dany Abi Hadir**

Emerging Adulthood Across Cultures: A Mixed Method Study on Perceived Developmental Processes and Transitions in Lebanon and Italy

Karen Ortega-Miranda

Emerging Adulthood Or Transition To Adulthood: Cultural-Effects in Mexico

Indranil Maity

Perspectives on the Development of Diverse Cultural Values among Indian Emerging Adults

Anila Shala

Emerging Adults Going Through Transition: Navigating Development Crisis and Future Goals in Post-Conflict Kosovo

ROOM 3**Religion and Identity****Sarah Remland**

Religious Identity Commitment and Intrinsic Religiosity Predict Substance-Related Attitudes in Emerging Adults

Adam Falewicz

The Mediating Role of Light Triad and Reflexivity in Relationship Between Religious Deidentification and Identity Exploration

Anna Wieradzka-Pilarczyk

Religious Identity Profiles in Emerging Adulthood: A Cluster-Based Analysis of Exploration and Commitment Processes

Karolina Wojtkowiak

Religious Support and Postponement of Parenthood: The Mediating Role of Antinatalist Beliefs