



EA 2026

Emerging Adults on the Road to Maturity
26.06.2026 - 1.07.2026

**EA
2026**

Emerging Adults
on the Road to Maturity

EA 2026 Conference Programme

Emerging Adults on the Road to Maturity

Poznań, Poland | 29 June - 1 July 2026

76 oral presentations in this document | **34** poster presentations in this document | **110** accepted presentations in this document



Poznań Cathedral and the Bishop Jordan Bridge - a visual invitation to EA 2026 in Poznań

Conference at a glance

Full conference flow aligned with the programme published at ea2026.org

Three days of research, dialogue and encounter in Poznań

Pre-conference workshop | Poster session | Keynotes | Parallel sessions | Organ concert | Gala dinner | Documentary session

June 29 (Monday)	June 30 (Tuesday)	July 1 (Wednesday)
<p>8:30-9:00 Welcome/Coffee</p> <p>9:00-12:00 Pre-Conference: Panel 1 - Religious and Spiritual Identity</p> <p>12:00-13:00 Opening Reception</p> <p>13:00-14:30 Poster Session</p> <p>14:30-15:30 Lunch</p> <p>15:30-16:00 Break and move to Collegium Maius, ul. Fredry 10</p> <p>16:00-17:00 Keynote I - Jeffrey Jensen Arnett: "<i>The Worldwide Decline in Fertility: Is Emerging Adulthood the Source?</i>"</p> <p>17:00-18:30 Poznań City / University Tour</p>	<p>9:00-9:30 Welcome/Coffee</p> <p>9:30-11:00 Parallel sessions 1</p> <p>11:00-11:15 Coffee Break</p> <p>11:15-12:45 Parallel sessions 2</p> <p>12:45-13:45 Lunch Break</p> <p>13:45-15:15 Parallel sessions 3</p> <p>15:15-16:00 Break and move to Basilica I</p> <p>16:15-17:00 Organ concert in Basilica I</p> <p>17:00-17:30 Break and move to Collegium Maius</p> <p>17:30-18:30 Keynote II - Lene Arnett Jensen: "<i>Globalization and Morality in Emerging Adulthood: A Cultural-Developmental View</i>"</p> <p>19:00-Late Gala Dinner - Collegium Minus</p>	<p>9:00-9:30 Welcome/Coffee</p> <p>9:30-11:00 Parallel sessions 5</p> <p>11:00-11:15 Coffee Break</p> <p>11:15-12:45 Parallel sessions 6</p> <p>12:45-13:45 Lunch Break</p> <p>13:45-15:15 Documentary Session - <i>Namibia Up Symposium</i></p> <p>15:15-17:00 Networking Drinks</p>

Detailed oral session programme

Tuesday, 30 June 2026

Parallel sessions 1 1 - Identity Development and Exploration	
Tuesday, 30 June 2026 9:30-11:00 Main Room	
1	Valences of the Transition to Adulthood Among Young Austrians: Developmental Gains and Burdens Authors: Jan Philipp Amadeus Aden; Eva Dreher Presenting author: Jan Philipp Amadeus Aden
2	Understanding Transitions in Emerging Adulthood: Balanced Time Perspective and Dimensions of Wellbeing Authors: Teresa Maria Sgaramella; Ezgi Cenk Presenting author: Teresa Maria Sgaramella
3	Positive Solitude and Identity Development: A Structural Equation Model on a Sample from Poznań Authors: Zuzanna Wasielewska; Oliwier Walczak; Zofia Eggebrecht; Gabriela Dudziak Presenting author: Oliwier Walczak
4	Thirty, Flirty, and Thriving? How Misalignment Between Expectations for Adulthood and Reality Impacts Women in Late Emerging Adulthood Authors: Megan Wright Presenting author: Megan Wright
Parallel sessions 1 5 - Migration and Acculturation	
Tuesday, 30 June 2026 9:30-11:00 Room 1	
1	The Privilege Paradox: Life Stage and Health Barriers Among High-skilled Venezuelan Migrants in Mexico City Authors: Itzel Eguiluz Presenting author: Itzel Eguiluz
2	Navigating Emerging Adulthood Far from Home: Psychological, Sociocultural, and Academic Adaptation of International Students in Hungary Authors: Dominika Matavovszky; Sebestyén Domján; Orsolya Karner; Lan Anh Nguyen Luu Presenting author: Dominika Matavovszky
3	Acculturation Stress and Onset of Mental Disorders Among Immigrant Emerging Adults in the Kenyan Context Authors: Zipporah Kaaria; Marian Guled Presenting author: Zipporah Kaaria
4	Syrian and Iraqi refugee young adults' affordances and trajectories into adulthood Authors: Guðbjörg Ottósdóttir; Eyrún María Rúnarsdóttir Presenting author: Guðbjörg Ottósdóttir
Parallel sessions 1 11 - Loneliness and Social Disconnection	
Tuesday, 30 June 2026 9:30-11:00 Room 2	
1	Loneliness Profiles and Identity Development in Emerging Adults: A Latent Class Analysis and Structural Equation Modelling Study Authors: Aleksandra Panek; Jan Matera Presenting author: Jan Matera; Aleksandra Panek
2	Who's There When You Need Them? Place and the Architecture of Support for Emerging Adults in an Australian Community Authors: Erin Fitzpatrick; Amy Mowle; Alison Baker; Therese Riley Presenting author: Erin Fitzpatrick
3	Social Withdrawal among Emerging Adults Authors: Michele Wang Presenting author: Michele Wang
4	Longitudinal Relations between Social Support and Compassion and Self-Compassion in Emerging Adulthood Authors: Camille Elder; Ashley Fraser Presenting author: Camille Elder
Parallel sessions 1 16 - Theory and Conceptual Work	
Tuesday, 30 June 2026 9:30-11:00 Room 3	
1	The Transition to Adulthood - A Proposal for a Multidimensional Approach Authors: Lucyna Bakiera; Monika Wysota Presenting author: Lucyna Bakiera
2	Building Bridges Between Arnett's and Havighurst's Theories: New Developmental Tasks in Emerging Adulthood Authors: Sylwia Jaskulska; Barbara Jankowiak; Emilia Soroko; Karolina Kuryś-Szyncel Presenting author: Sylwia Jaskulska
3	New trends in literature about emerging adulthood: A scoping review of empirical studies on family and home environment Authors: Kaja Korošec; Celia Redondo Pedregal; Joan Swanson Presenting author: Kaja Korošec
4	What does the research say about experiencing parental divorce during emerging adulthood? Not much. Authors: Melissa Landers-Potts; Anna Pierburg; Michael Cataluna Presenting author: Melissa Landers-Potts
Parallel sessions 2 2 - Identity and Minority Experiences (Middle East)	
Tuesday, 30 June 2026 11:15-12:45 Main Room	
1	The Future as a Horizon of Hope and Repair: Future Perception Among at Risk Young Arab Women Authors: Miraz Hashoul; Yafit Sulimani-Aidan; Haneen Karram-Elias Presenting author: Miraz Hashoul

2	Mizrahi Ethnicity in Motion: Negotiating Identity and Belonging in Emerging Adulthood Authors: Batya Ghatan Presenting author: Batya Ghatan
3	Arab Young Adults' Voices on Intersecting Risks and Identity Formation in Israel: Toward Context-Informed Social Work Practice Authors: Ruba Aburass Mograbe; Prof. Yafit Sulimani-Aidan; Dr. Haneen Elias Presenting author: Ruba Aburass Mograbe
4	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 Authors: Shira Pagorek-Eshel; Raghda Alnabilsy; Haneen Karram-Elias Presenting author: Shira Pagorek-Eshel

Parallel sessions 2 | 6 - Family and Attachment
Tuesday, 30 June 2026 | 11:15-12:45 | Room 1

1	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 Authors: Omayck Fernando Valarezo Bravo; Mónica Guzmán-González; Fabiola Gómez; Giulia Casu Presenting author: Omayck Fernando Valarezo Bravo
2	Growing Apart or Growing Together? Family and Flourishing in Emerging Adulthood: A longitudinal Analysis of Spanish University Students Authors: María del Carmen García-Mendoza; Águeda Parra; Marta Díez; Mari Carmen Reina-Flores; Izarne Lizaso; Inmaculada Sánchez-Queija Presenting author: María del Carmen García-Mendoza
3	The Lasting Impact of Family Social Support Authors: Águeda Parra; María del Carmen García-Mendoza; Enrique B. Arranz; Paula Domínguez-Alarcón; Rocío De la Fuente; Inmaculada Sánchez-Queija Presenting author: Águeda Parra
4	Compensatory Effects of Parental Support on Sense of Belonging to College Amid Psychological Distress: A Mixed Methods Study Authors: Kristel Tardif-Grenier; Isabelle Archambault; Véronique Dupéré; Michel Janosz; Christine Gervais; Véronique Menand; Annie Lemieux; Roxanne Fay; Myra Tremblay Presenting author: Kristel Tardif-Grenier

Parallel sessions 2 | 12 - Digital and Media Contexts
Tuesday, 30 June 2026 | 11:15-12:45 | Room 2

1	“Technology is Advancing Into our Daily Lives”: Emerging Adults Use and Perceptions of AI Authors: Clare Mehta; Linda Lin; Zoe Berg; Taryn Peteet Presenting author: Clare Mehta
2	Social Media Fatigue and Well-Being In Emerging Adulthood: The Role of Social Media Use Among University Students Authors: Mariya Kuzyan; Alicja Czarnomska; Kamila Komorowska; Hanna Liberska; Natalia Pilarska; Dorota Suwalska-Barancewicz; Aleksandra Wolska Presenting author: Mariya Kuzyan
3	Chronical Stories as a Context for Development: How the Evolving Lives of Content Creators are Experienced by Emerging Adults Authors: Tabitha Holmes; Alexis Atwater; Alessandra DiMaggio; Elizabeth Diamond; Cameron Livingstone; Malak Serdah; Piper Mascaros; Lucian Martinez; Skar Perrotta; Alyssa Trokie Presenting author: Tabitha Holmes
4	Mass Media and Mental Health in Emerging Adults: The Role of Social Media Mindsets in Psychological Well-Being Authors: Dariusz Krok Presenting author: Dariusz Krok

Parallel sessions 2 | 17 - Methods and Measurement
Tuesday, 30 June 2026 | 11:15-12:45 | Room 3

1	Health Interventions Applied to Cancer Prevention Among Young Adults (Ages 18-39): A Systematic Review Authors: Alexandra Pflanz; Milena Insalaco; Jeffrey Ramos Santiago; Hala Awad; Zeinab Mohamed; Viktor Clark Presenting author: Viktor Clark
2	Hierarchical Card Sort: A Mixed-Methods Tool for Mapping Emerging Adults' Informational Support Preferences Authors: Josh Anderson; Sthephany Escandell; Philip Creighton; Jacqueline Nguyen Presenting author: Josh Anderson
3	Global Identity Formation Scale (GIFS) Validation: Measuring Exploration and Commitment in U.S. College Students Authors: Oscar Baldelomar; Gaby Tjahjono; Riley Hensley; Joanna Tanabu; Wanyi Fu; Sarah Tannous; Daniel Baldelomar; Danica Chavez Presenting author: Gaby Tjahjono
4	Social Media Addiction Among Students: Predicting Mental Health and Addictive Behavior Using Random Forest Models Authors: Anita Radziun; Wiktor Grzelak Presenting author: Anita Radziun ; Wiktor Grzelak

Parallel sessions 3 | S1 - Pathways to Mapping Mental Health in College Emerging Adults
Tuesday, 30 June 2026 | 13:45-15:15 | Main Room

1	Symposium: Pathways to Mapping Mental Health in College Emerging Adults Authors: María del Carmen García-Mendoza; Águeda Parra; Tülin Şener Presenting author: María del Carmen García-Mendoza ; Águeda Parra ; Tülin Şener <i>Symposium entry from the online framework programme.</i>
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Parallel sessions 3 | 7 - Parenthood and Life Course

Tuesday, 30 June 2026 | 13:45-15:15 | Room 1

1	Childfreeness as a Way of Navigating Emerging Adulthood Authors: Petra Coufalová; Hana Přikrylová Kučerová Presenting author: Petra Coufalová
2	Factors Influencing the Desire for Parenthood Among Emerging Adults: A Cross-Cultural Analysis Authors: Paweł Ciesielski; Qing-wei Chen; Petra Coufalová; Silvia Di Battista; Fiona Tasker; Suzanna A. Bono; Su Rou Low; Wen Ting Tong; Affah Idriss; Jorge Gato Presenting author: Paweł Ciesielski
3	Future Anxiety and Postponing Parenthood: The Mediating Role of Life Satisfaction and Maturity for Parenthood Authors: Oktawia Zalewska; Małgorzata Szcześniak; Adam Falewicz Presenting author: Oktawia Zalewska
4	From Attachment Styles to Parenthood Timing: The Mediating Roles of Positive Orientation and Antinatalist Beliefs Authors: Michał Meisner Presenting author: Michał Meisner

Parallel sessions 3 | 13 - Work, Career, and Economy

Tuesday, 30 June 2026 | 13:45-15:15 | Room 2

1	"I Feel Lost": Career Identity Exploration During Transition-Out in China's Elite Sport System Authors: Wenting Sun Wenting Sun; Steven Krauss; Jordan B. Fleming Sr; Kingsley Wang; Lixin Zhang Presenting author: Wenting Sun Wenting Sun
2	"Too Young to Be Taken Seriously": Ageism and Labor Market Inequality among Portuguese Emerging Adults Authors: Cláudia Andrade Presenting author: Cláudia Andrade
3	Elite Rowers as a Distinct Career Sub-Population: Transition-Out Experiences in China's State-Sponsored Sport System Authors: Kingsley Wang; Wenting Sun; Steven Krauss; Jordan B. Fleming Sr Presenting author: Kingsley Wang
4	The needs of young people from vocational schools in terms of supporting the development of their employability - research reports Authors: Lucyna Myszka-Strychalska Presenting author: Lucyna Myszka-Strychalska

Parallel sessions 3 | 18 - Relationships and Intimate Life

Tuesday, 30 June 2026 | 13:45-15:15 | Room 3

1	Single, but Ready to Mingle? Financial and Relational Predictors of Relationship Flourishing Among U.S. Unmarried Emerging Adults Authors: Ashley LeBaron-Black; Matthew Saxey; Karlee Call; Melissa Curran; Brian Willoughby; Mason McGee; Tyler Dawes; E. Jeffrey Hill Presenting author: Ashley LeBaron-Black
2	Choosing Differently: How Exposure to Intimate Partner Violence Shapes Early Adult Decisions Authors: Annie Dumont Presenting author: Annie Dumont
3	Helicopter Parenting and Life Satisfaction in Emerging Adulthood: The Mediating Role of Procrastination and Readiness for Parenthood Authors: Małgorzata Szcześniak; Adam Falewicz; Blanka Aleksandrowicz; Lena Aleksandrowicz; Maria Buszydło Presenting author: Małgorzata Szcześniak
4	The Role of In-Care Experiences in Fostering Care Leavers' Development and Resilience During Emerging Adulthood Authors: Yafit Sulimani-Aidan Presenting author: Yafit Sulimani-Aidan

Wednesday, 1 July 2026

Parallel sessions 5 | 4 - Racism, Stress, and Sociopolitics

Wednesday, 1 July 2026 | 9:30-11:00 | Main Room

1	Experiences of Racism in the Transition from Adolescence into Emerging Adulthood in Sweden Authors: Pär D. Stern; Sofia Berne; Linda P. Juang; Ann Frisén Presenting author: Pär D. Stern
2	Paralyzed by Trump? Sociopolitical stress, mental health, and tobacco use among Mexican American emerging adults Authors: Seth Schwartz; C. Nathan Marti; Liza Talavera-Garza; Bara Bateineh; Caroline North; Qinghua Yang; Dhiraj Murthy; Anna Wilkinson; Alexandra Loukas Presenting author: Seth Schwartz
3	Immigration-Related Sociopolitical Stress, Mental Health, and Tobacco Use Among Mexican American Emerging Adults Authors: Seth Schwartz; C. Nathan Marti; Liza Talavera-Garza; Bara Bateineh; Caroline North; Qinghua Yang; Dhiraj Murthy; Anna Wilkinson; Alexandra Loukas Presenting author: Seth Schwartz
4	From Uncertainty to Democratic Backsliding? Future Worries, Polarization, and Anti-Democratic Attitudes in Emerging Adults Authors: Žiga Mekiš Recek; Žan Lep Presenting author: Žiga Mekiš Recek

Parallel sessions 5 9 - Mental Health and Clinical Contexts	
Wednesday, 1 July 2026 9:30-11:00 Room 1	
1	Body Image Disturbance and Substance Misuse as Longitudinal Predictors of Psychological Distress in Emerging Adults Authors: Alex Ajayi; Melissa Ertl; Jacob Schachter; Amelia Blankenau Presenting author: Alex Ajayi
2	"Pushed Away Though We Hurt Too": Emerging Adults Facing Unexplained Persistent Physical Symptoms in Poland - Can We Do Better? Authors: Julia Krawczyk; Ali Amiri; Michał Ziarko Presenting author: Julia Krawczyk
3	Cognitive and Socio-Emotional Development in Young Adults with Epilepsy - Case Report and Highlights Authors: Natalia Nowaczyk Presenting author: Natalia Nowaczyk
Parallel sessions 5 14 - Structural and Economic Contexts	
Wednesday, 1 July 2026 9:30-11:00 Room 2	
1	California's Guaranteed Income Pilot for Youth Aging Out of Foster Care - Impacts at Program Exit Authors: Bridgette Lery; Sarah Benatar; Jaclyn Chambers Presenting author: Bridgette Lery
2	On The Road to Financial Maturity: Recalibrating Salary Expectations and Reducing Financial Anxiety In Emerging Adults in India Authors: Amrut Bang; Prathamesh Dhadse; Megha Shinde Presenting author: Amrut Bang
3	Investigating The Most Impactful Factors for Young Adults to Stay in Family Household By The Example of Poland in 2022 Authors: Oliwier Walczak Presenting author: Oliwier Walczak
4	Systemic Influences, Sense of Belonging and Pathways Toward Maturity and Wellbeing: Evidence from a Pilot Study Authors: Teresa Maria Sgaramella; Angela Rocca; Yaren Irmis Presenting author: Teresa Maria Sgaramella
Parallel sessions 5 19 - Community, Identity, and Contemporary Life	
Wednesday, 1 July 2026 9:30-11:00 Room 3	
1	Place matters in developing physical/mental health among Indian Emerging Adulthood Authors: Utpal Roy; Indranil Maity; Karnia Sarkar Presenting author: Utpal Roy
2	Volunteering as a Source of Community Identity in Emerging Adulthood Authors: Ondřej Hrubeš Presenting author: Ondřej Hrubeš
3	Visible Selves, Uncertain Paths: Experience of Questioning Gender and Gender Identity in Emerging Adulthood Authors: Helena Walasz Presenting author: Helena Walasz
Parallel sessions 6 3 - Risk and Resilience (Arab Contexts)	
Wednesday, 1 July 2026 11:15-12:45 Main Room	
1	Pathways to Resilience: Experiences of At-Risk Arab Young Adults in Israel During Emerging Adulthood Authors: Haneen Karram-Elias; Yafit Sulimani - Aidan; Samah Mahamid Presenting author: Haneen Karram-Elias
2	Suicidality Among Arab Emerging Adults in Israel: Psychosocial and Cultural Factors Authors: Doaa Daka; Yari Gvion; Sami Hamdan Presenting author: Doaa Daka
3	Hearing Us Changes the Story": Young Arab-Palestinian Women's Reflections on Research Findings on Childhood Abuse and Barriers to Service Use in Israel Authors: Raghda Alnabilsy; Shira Pagorek Eshel; Haneen Elias Presenting author: Raghda Alnabilsy
4	Risks and Stressors among Care Leavers in Arab Society during Emerging Adulthood Authors: Samah Mahamid; Haneen Karram-Elias; Yafit Sulimani-Aidan Presenting author: Samah Mahamid
Parallel sessions 6 10 - Coping and Emotion Regulation	
Wednesday, 1 July 2026 11:15-12:45 Room 1	
1	Maladaptive Emotion Regulation and Internalizing Symptoms in Emerging Adulthood: A Longitudinal Study from Uruguay Authors: Gabriela Fernández-Theoduloz; Valentina Begino; Santiago Cancela-Fraga; Leonel Pinazzo; Micaela Piriz; Santiago Rista; Camila Rivas; Valentina Paz Presenting author: Gabriela Fernández-Theoduloz
2	Unpacking the Metacognitive Foundations of Coping Flexibility in Emerging Adulthood Authors: Monique Crane; Hester Xiao; Eyal Karin; Maria Kangas; Penny Van Bergen; Raffael Kalisch; David Forbes; Daniel Gucciardi Presenting author: Monique Crane
3	Loneliness in Emerging Adulthood: Conceptual Ambiguities and Context-Dependent Coping Authors: Hajnalka Turóczy; Luca Verebélyi; Otfília Perczel; Zsolt Péter Szabó Presenting author: Hajnalka Turóczy
4	Psychological Well-being and Meaning in Life Among Emerging Adults: The Mediating Role of Psychological Resilience Authors: Marianna Chmiel Presenting author: Marianna Chmiel

Parallel sessions 6 | 15 - Cross-Cultural Perspectives

Wednesday, 1 July 2026 | 11:15-12:45 | Room 2

1	Emerging Adulthood Across Cultures: A Mixed Method Study on Perceived Developmental Processes and Transitions in Lebanon and Italy Authors: Dany Abi Hadir; Anila Shala Presenting author: Dany Abi Hadir
2	Emerging Adulthood or Transition to Adulthood: Cultural- Effects in Mexico Authors: Karen Ortega-Miranda; Sofia Rivera-Aragón; Rolando Díaz-Loving; Pedro Woolfgang Velasco-Matus Presenting author: Karen Ortega-Miranda
3	Perspectives on the Development of Diverse Cultural Values among Indian Emerging Adults Authors: Indranil Maity Presenting author: Indranil Maity
4	Emerging Adults Going Through Transition: Navigating Development Crisis and Future Goals in Post-Conflict Kosovo Authors: Anila Shala; Dany Abi Hadir Presenting author: Anila Shala

Parallel sessions 6 | 8 - Religion and Identity

Wednesday, 1 July 2026 | 11:15-12:45 | Room 3

1	Religious Identity Commitment and Intrinsic Religiosity Predict Substance-Related Attitudes in Emerging Adults Authors: Sarah Remland; Kaitlyn Stetzer; Oscar Baldelomar Presenting author: Sarah Remland
2	The Mediating Role of Light Triad and Reflexivity in Relationship Between Religious Deidentification and Identity Exploration Authors: Adam Falewicz; Maria Czyż; Małgorzata Szcześniak Presenting author: Adam Falewicz
3	Religious Identity Profiles in Emerging Adulthood: A Cluster-Based Analysis of Exploration and Commitment Processes Authors: Anna Wieradzka-Pilarczyk; Alicja Jajko-Siwiek Presenting author: Anna Wieradzka-Pilarczyk
4	Religious Support and Postponement of Parenthood: The Mediating Role of Antinatalist Beliefs Authors: Karolina Wojtkowiak; Gabriela Błońska-Czwakiel; Adam Falewicz; Małgorzata Szcześniak Presenting author: Karolina Wojtkowiak

Poster session

Monday, 29 June 2026 | 13:00-14:30 | Faculty of Theology, Adam Mickiewicz University, Wieżowa 2/4, Poznań

Identity Development

P01	Assessing Emerging Adults' Readiness for Transition to Adulthood Authors: Elaine Van Den Heuvel; Ming Cui; Francis Fincham Presenting author: Elaine Van Den Heuvel
P02	Longitudinal Links Between Identity Distress and Mental Health in Emerging Adulthood Authors: Kamil Janowicz; Jakub Duras; Kamila Skrzypczak Presenting author: Kamil Janowicz
P03	Delayed Adulthood? Gender-Diverse Students and Institutional Recognition in Polish Universities Authors: Jan Gałkowski Presenting author: Jan Gałkowski
P04	Types and Sources of Social Support and the Transitional and Moratorium Orientations of Young Adults Authors: Zuzanna Karpowicz Presenting author: Zuzanna Karpowicz
P05	Hope and Civic Attitudes as Developmental Assets for Civic Engagement in Emerging Adulthood: A Longitudinal Study Authors: Ashley Fraser; Camille Elder Presenting author: Ashley Fraser
P06	Personality, Values, and Online Behavior in Emerging Adulthood Authors: Barbora Kňážek Považanová; Gabriel Kňážek; Martin Dolejš Presenting author: Barbora Kňážek Považanová
P07	Life Satisfaction and Identity Commitments Among Emerging Adults: The Mediating Role of Meaning in Life and General Self-Efficacy Authors: Julia Koziura; Łucja Januszewska; Marianna Chmiel Presenting author: Julia Koziura
P08	Identity Exploration and Psychological Well-Being in Emerging Adulthood: The Role of Deconversion and Religious Support Authors: Maria Czyż; Adam Falewicz Presenting author: Maria Czyż
P09	Identity Distress, Exploration, and Commitment: Culture and Sex Comparisons Authors: Barbara M. Gfeller; Ana I. Cordoba; Fernanda H. Cordero; Karin Bartoszek; Jim Deal Presenting author: Barbara M. Gfeller
P10	The Mediating Role of Rumination and Self-Efficacy in Relationship Between Religious Residue and Identity Development

	Authors: Radosław Rybarski; Adam Falewicz; Małgorzata Szcześniak Presenting author: Radosław Rybarski
P11	Emerging Adulthood in Post-Communist Europe: A Cross-National Comparison Authors: Wanda Zagórska; Ilona Skoczeń; Anna Lipska; Veronika Kohútová; Katarína Millová; Blanka Balogh; Anna Lőrincz; Laura Szabó Presenting author: Wanda Zagórska
P12	Identity Domains and Academic Persistence: The Role of College Stress Authors: Alexis Reimers-Contreras; Emely Covarrubias; Mayra Bámaca Presenting author: Alexis Reimers-Contreras
P13	Mapping Theoretical Alignment and Target Dimensions in Emerging Adulthood Interventions Authors: Gozde Aciker Kurtay; Teresa Maria Sgaramella Presenting author: Gozde Aciker Kurtay

Mental Health

P14	Perfectionism, Anxiety, and Depression: Optimism as a Mediator Authors: Jennifer Feenstra Presenting author: Jennifer Feenstra
P15	Social Media Addiction and Life Satisfaction among Romanian Emerging Adults Authors: Beatrice A. Balgiu Presenting author: Beatrice A. Balgiu
P16	Contributing Factors to Anxiety and Stress among North American University Students Pre-, During, and Post-COVID-19: A Scoping Review Authors: Ayse Turkoglu; Sara Hughes; Constandina Perlinghis; Martin Drapeau Presenting author: Ayse Turkoglu
P17	Stress or Resilience-or Both? Family Resources and Cultural Assets in the Context of Cultural Stress and Psychopathology Among Hispanic Emerging Adults Authors: Seo Woo Lee; Jennifer Unger; Myriam Forster; Su Yeong Kim; Daniel Soto; Stefan Schneider; Duyen Vo; Ryan Lee; Sandy Andres; Monica Pattarroyo; Gabriel Luna; Seth Schwartz Presenting author: Seo Woo Lee
P18	Predicting Internet Addiction in Emerging Adults: Personality and Online Behavior Authors: Gabriel Kňážek; Barbora Kňážek Považanová; Martin Dolejš Presenting author: Gabriel Kňážek
P19	Falling Down the Rabbit Hole - The Link Between Conspiracy Belief and Violent Radicalization in Emerging Adults. A Systematic Review. Authors: Lidia Przybylak; Weronika Stanisławska; Małgorzata Szcześniak; Adam Falewicz Presenting author: Lidia Przybylak
P20	The Relationship Between Anxiety, Social Support and Life Orientations In Emerging Adults With and Without Disabilities Authors: Małgorzata Budzicz-Rękosiewicz Presenting author: Małgorzata Budzicz-Rękosiewicz
P21	Emerging adulthood and psychological distress: a latent profile analysis in a Spanish university sample Authors: Hugo Andres Sanchez Sanchez; Konstanze Schoeps; Inmaculada Montoya Castilla; Selene Valero Moreno Presenting author: Hugo Andres Sanchez Sanchez

Religion and Spirituality

P22	"I Owe My Being to the Hills and the Valleys": The Intersection Of Ecospirituality And Meaning-Making in South African Emerging Adults Authors: Luzelle Naudé; Catherine M Shirima; Wilbert J Gobbo Presenting author: Luzelle Naudé
P23	The Mediating Role of Motivation to Revenge and Anxiety in Relationship Between Religious Deidentification and Life Satisfaction Authors: Weronika Stanisławska; Lidia Przybylak; Małgorzata Szcześniak; Adam Falewicz Presenting author: Weronika Stanisławska
P24	Spirituality and Revenge in Emerging Adults: The Mediating Roles of Intellectual Humility and the Light Triad Authors: Sara Murzyńska Presenting author: Sara Murzyńska

Finance and Economic Independence

P25	Exploring the Determinants of Youth Sustainable Financial Literacy Authors: Eija Juntunen Presenting author: Eija Juntunen
P26	Beyond Income: The Role of Intrinsic and Extrinsic Aspirations in Emerging Adults' Subjective Financial Well-being Authors: Rimantas Vosylis; Angela Sorgente; Rasa Erentaitė Presenting author: Rimantas Vosylis
P27	Food Insecurity Among University Students: Coping Strategies and Dietary Outcomes Authors: Zuzanna Wasielewska Presenting author: Zuzanna Wasielewska

Health Promotion

P28	The Link between Child Maltreatment, Health Behaviors, Physical Health, and Chronic Disease in Emerging Adults Authors: Kimberly Rapoza Presenting author: Kimberly Rapoza
P29	Emerging Adulthood in the Shadow of Multiple Sclerosis. The Role of Self-Management in the Quality of Life of Patients Aged 17-25

Authors: Magdalena Brzoza; Agnieszka Maryniak
Presenting author: [Magdalena Brzoza](#)

Work & Career

P30

Longitudinal Change of Self-Perceived Employability Throughout Emerging Adulthood

Authors: Inmaculada Sánchez-Queija; Reyes Vargas; Mario Rodríguez-Pérez; Patricia Macia; Klara Smith-Etxeberria; Águeda Parra

Presenting author: [Inmaculada Sánchez-Queija](#)

P31

Academic Pressure, Procrastination and Burnout in Emerging Adulthood: Evidence from Romania

Authors: Sergiu-Lucian Raiu; Oana-andreea Grosu

Presenting author: [Sergiu-Lucian Raiu](#)

Parenting and Family

P32

Helicopter Parenting and Postponed Parenthood: The Mediating Effect of Vulnerable Narcissism

Authors: Rafał Pietruszka; Małgorzata Szcześniak; Adam Falewicz; Marianna Chmiel; Małgorzata Matecka; Karolina Wojtkowiak; Julia Łoś; Aniela Szczerba; Zuzanna Siedlecka; Joanna Pracka

Presenting author: [Rafał Pietruszka](#)

Romantic Relationships

P33

Engaged with the Idea: Marital Horizons and Emerging Adult Well-being

Authors: Briella Smith; Larry Nelson; Nathan Leonhardt; Ashley LeBaron-Black; Brian Willoughby

Presenting author: [Briella Smith](#)

Mental Health and Wartime Contexts

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Interplay Between Personality Values and EI in Emerging Adults Under Wartime Context

Authors: Lyudmyla Romanyuk

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See you in Poznań at EA 2026

Please check ea2026.org for final room updates, practical information and programme announcements.