

A professional trip report

Thet Thet Mar

PhD Student, Doctoral School of Education,

Teacher Education and Higher Education Studies (EDiTE).

As part of my doctoral studies at Eötvös Loránd University (ELTE), I participated in the 31st International Congress of Applied Psychology (ICAP 2026), held in Florence, Italy, from 21 to 25 July 2026. During the congress, I presented my research entitled “*Psychometric Validation of the Burmese VIA-72 in Preservice Teacher Education: Evidence from Factor Analyses*” in the Cross-Cultural Assessment session under Division 2: Psychological Assessment and Evaluation.



The presentation reported the results of the psychometric validation of the Burmese version of the VIA-72 among Myanmar preservice teachers. The study demonstrated that a culturally adapted four-factor model provided a more appropriate representation of character strengths than the original Western-derived factor structures. These findings emphasize the importance of evaluating the cultural applicability of multidimensional psychological measures rather than assuming that their original structure generalizes across cultural contexts. The presentation generated interest from researchers working in psychological assessment and cross-cultural psychology and provided an opportunity to discuss the implications of the findings with international experts.

Beyond my own presentation, I attended scientific sessions and keynote lectures closely related to my doctoral research on character strengths, flourishing, resilience, and psychological assessment. A particularly valuable discussion followed the presentation by Sarah Ghani (O.P. Jindal Global University, India), which examined the cross-cultural adaptation of measures assessing Generalized Anxiety Disorder (GAD) and Panic Disorder (PD). The methodological challenges presented in that study closely paralleled those

encountered in my own research, reinforcing the importance of rigorous psychometric validation when adapting psychological instruments for non-Western populations.

The keynote lectures also contributed significantly to my professional development. *“The Power of We-Individuality: Redefining Human Flourishing through Collectivism”* offered theoretical perspectives on flourishing within collectivist societies that are directly relevant to my doctoral research in the Myanmar context. The keynote *“Surviving Continuous Turbulence: Insights for Flourishing in Our 2030 Workplaces”* broadened my understanding of resilience and well-being in changing social environments, while *“The Role of Career Shocks in Contemporary Career Development”* introduced contemporary perspectives on career adaptability and resilience from the field of positive psychology. Together, these presentations provided valuable insights into current international developments and emerging research directions.

Participation in ICAP 2026 strengthened my scientific competencies with recent advances in psychometric methodology, cross-cultural assessment, and positive psychology. The feedback received from researchers during and after my presentation will contribute to the further refinement of my doctoral research and support the preparation of future scientific publications. The congress also provided opportunities to establish professional contacts and exchange research experiences with scholars from different countries, thereby broadening my international academic network.

From an institutional perspective, presenting my doctoral research at ICAP 2026 contributed to increasing the international visibility of ELTE and its doctoral research activities. The conference offered an opportunity to disseminate research conducted within the ELTE doctoral programme to a global audience of psychologists and researchers. The methodological knowledge and international perspectives gained during the congress will also be shared with colleagues and fellow doctoral students, thereby supporting the department’s research environment and academic activities.

Overall, participation in ICAP 2026 represented an important milestone in my doctoral training. The experience enhanced my expertise in cross-cultural psychometrics and positive psychology, strengthened the quality of my ongoing research, and further promoted the international profile of ELTE through active participation in one of the world’s leading psychology congresses.



We hereby confirm that

Thet Thet Mar

attended the

31st INTERNATIONAL CONGRESS OF APPLIED PSYCHOLOGY
FLORENCE ITALY | 21- 25 JULY



ICAP2026 President
Giuseppe Scalfati
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