



# Atención Primaria

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## PARALLEL SESSIONS: ORAL COMMUNICATIONS

### 1<sup>st</sup> World Congress of Children and Youth Health Behaviors / 4<sup>th</sup> National Congress on Health Education

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#### 1. CHILD AND ADOLESCENT HEALTH

##### SOMATIZATION IN PEDIATRIC AGES: A BEAST-OF-SEVEN-HEADS!

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**Introduction:** Somatization is a tendency to experience somatic distress without clinical, analytical or imaging evidence of organic lesion or consistency between the complaints, pathology and behavior of the patient. This work aims to contribute to the holistic understanding of somatoform disorders and to propose a comprehensive multidisciplinary treatment approach.

**State of the Art:** The somatoform disorders seem like a real beast-of-seven-heads: they are very common in the juvenile population, the diagnosis is complex and difficult to explain to the patient and the caregiver, patients are usually consumerists of consultations and medical exams, classically they are viewed as being psychiatric patients (although rarely accompanied by a psychiatrist or psychologist).

**New perspectives/guidelines:** The pathogenesis of the disease has been clarified by experts: there is no doubt that somatization is a learned behavior associated with personality traits, stress factors and possible secondary gains. The influence of genetics is limited.

**Theoretical and practical implications/conclusions:** Because of its consequences, the psychosomatic process should be stopped early or, at least, minimized in order to avoid serious effects on health and normal development of the child and adolescent. In the approach of somatization we must assure: the exclusion of organic diseases, psychological/psychiatric conditions or simulation; the identification of factors of family and psychosocial dysfunction; a good relationship between doctor and patient; and interdisciplinary teamwork.

##### SOCIAL PROVISIONS AND MENTAL HEALTH IN PORTUGUESE ADOLESCENTS

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**Introduction:** The provision of social support is particular important for adolescents, who value peer support and use it to face their developmental demands. Such support has been associated to improved mental and physical health, but differently according to gender and type of social support received.

**Objectives:** To evaluate how different types of social support relate to adolescents' mental health, taking gender into account.

**Methods:** A sample of 359 Portuguese adolescents, both male and female, was evaluated using the Mental Health Inventory and the Social Provisions Scale.

**Results:** The provision of both intimate and casual support associates to more often experiencing positive emotions and less often experiencing negative emotions. Important gender differences were found. Girls need close, intimate and emotionally secure relationships to feel calm, happy and at peace, and they look for others' reassurance of their personal value to less often feel sad, worried or depressed. For boys, this reassurance is the most important for experience positive emotions, while felling closely attached to others only keeps off experiencing negative emotions.

**Conclusions:** Boys and girls may look for and need different provisions from their social groups, concurring with the literature saying that boys and girls value different aspects of their interpersonal relationships. When analyzing social groups in adolescence, it should be important to consider that gaps in the provision of social support may differently prone boys and girls to vulnerabilities.

## LEISURE BEHAVIOUR OF AUSTRIAN ADOLESCENTS AND ITS IMPACT ON HEALTH: A QUANTITATIVE STUDY TO IDENTIFY AREAS FOR ACTION

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**Introduction:** In the leisure sector our society is confronted with permanent changes. Actual challenges are forcing voluntary activities, handling with new types of media and using free time wisely. According to the Social Model of Health by Dahlgren and Whitehead (1991) leisure-time activities have an important influence on adolescent health.

**Objectives:** The aim of the empirical study was to quantitatively analyse leisure-time activities of youngsters comprehensively (e.g. influencing factors, motives, health consequences, satisfaction).

**Methods:** In 2012 the FH Burgenland carried out a standardized online survey concerning leisure behaviour of young Austrians between the age of 11 and 17 (n = 461). The questionnaire was distributed among adolescents by virtual social networks.

**Results:** Favourite activities of Austrian adolescents are listening to music, surfing the internet and meeting friends. Sex, age and relationship with parents strongly correlate with choice of hobbies. Some activities like doing sports have a positive influence while others like playing computer games have a negative influence on self-reported health. 32% of adolescents are dissatisfied with their leisure time. Reasons are little free time as well as missing sense of purpose and little social contacts.

**Conclusions:** Austrian adolescents wish to have more leisure opportunities, meeting-points and less school stress. Possible actions are establishing leisure-time facilities and youth clubs. The results of this study could be used for further research concerning developing political suggestions.

## HEALTH BEHAVIOUR OF YOUNG CHILDREN (3-10) IN AUSTRIA: CLOSING DATA GAP BY CARRYING OUT A QUANTITATIVE STUDY

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**Introduction:** Childhood and adolescence are those phases of life that form health behaviour in later years. Although the HBSC-study analyses health-related activities of pupils at the age of 11, 13, 15 and 17 years there is a lack of data concerning health behaviour of younger children in Austria.

**Objectives:** The aim of this study was to investigate health status, behaviour and social activities of children in the district of Oberwart quantitatively in order to close data gaps.

**Methods:** Within public health reporting 2012 in the Austrian province Burgenland a quantitative survey according to the HBSC-study was created. Parents of children in ten kindergarden and 13 primary schools in the district of Oberwart were asked about health status and behaviour of their kids (n = 552). Because of external assessment (parents) methodical limitations have to be considered.

**Results:** Results concerning health behaviour show that only 35% of parents say that their children are at least 60 minutes physically active every day. Findings related to nutrition indicate that according to parents only 27% eat vegetables daily while nearly half of them consume sweets at least once a day. The results show that healthy eating patterns correlate positively with educational background.

**Conclusions:** This study closed data gap concerning health status and behaviour of children at the age of three to ten years and

enables restricted comparisons with results of the HBSC-study. In future further research concerning health behaviour of young children in whole Austria is needed to promote health effectively.

## DRINKING HABITS AMONG YOUTH: A QUANTITATIVE STUDY TO ANALYSE PUPILS' (14-22 YEARS) DRINKING PATTERNS IN AUSTRIA

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**Introduction:** Alcohol-free drinks are the basis of a healthy diet. Water stimulates metabolism and promotes blood circulation, while a lack of water can lead to circulatory failure. However drinking habits of young people are a neglected field of science in health promotion. In Austria till now there has been no empirical study which analyses drinking patterns among adolescents.

**Objectives:** The aim of the quantitative study was to investigate drinking habits of pupils of secondary schools in Burgenland (Austria) between the age of 14 and 22.

**Methods:** In 2011 the FH Burgenland carried out a quantitative online-survey. The ÖSES.aqa07, in which drinking habits of Austrian adults have been analysed, was chosen as reference study. National and international drinking guidelines were used to assess findings.

**Results:** 60% of participating pupils (n = 114) reach the recommended amount of liquid intake (1.2-1.5 litres of water per day) or drink even more. 35% cover more than 75% of their daily liquid intake with water. Favourite drinks of pupils and students are water (mineralwater, mains water) (73%), flavoured water (48%), fruit juice with water (33%), coffee (29%) and ice tea (29%).

**Conclusions:** Pupils have to be motivated to pay attention to healthy drinking habits. To ensure sustainability circumstance-oriented intersectoral health promotion actions like filling vending machines with low-carbohydrate drinks as well as awareness campaigns are necessary. First steps in this direction have already been taken by carrying out several projects in educational establishments.

## BARRIERS TO RECEIVING HUMAN PAPILLOMAVIRUS (HPV) VACCINATION AMONG FEMALE UNIVERSITY STUDENTS IN HONG KONG

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**Introduction:** Cervical cancer is noted as the second most common cancer in women worldwide. In Hong Kong, cervical cancer was the tenth most common cancer among women in 2010. Receiving HPV vaccination has been clinically recognized as one of the effective preventive measures in decreasing the incidence of precursors of cervical cancer. However, in Asian countries like Hong Kong, the vaccination rate is low.

**Objectives:** This study investigates the barriers to receiving Human Papillomavirus (HPV) vaccine among female undergraduate students in a Hong Kong university.

**Methods:** This study adopts a qualitative approach by conducting individual semi-structured interviews with 35 young women aged 19 to 23.

**Results:** Seven intertwining perceptual, social and cultural, healthcare providers, and financial barriers were noted. These barriers include: perception as being low-risk due to an absence of sexual contact, lack of confidence in the safety of the vaccine,

suspicion of parents concerning the intention to get vaccinated, lack of positive discussion among peers, insufficient information from primary care doctors, difficulty in choosing a suitable HPV vaccine, and high cost of the vaccine.

**Conclusions:** Future HPV vaccination promotion therefore not only needs to enhance the risk perception and needs awareness of young women, but educating parents and correcting their misconceptions will also be highly important. Furthermore, as primary care doctors are the first line of contact with patients and have the role of providing disease prevention education to patients, providing more support to enhance their knowledge of the HPV vaccine and to encourage their enthusiasm in providing responsive disease prevention education to patients can motivate young women to get vaccinated.

### HEARING EVALUATION OF PORTUGUESE SCHOOL COMMUNITIES: SCHOOL-BASED AUDIOLOGY AND HEARING SCREENING

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**Introduction:** Hearing loss has a raised impact in the development and academic progress of a child. In several developed countries, early detection is part of the national health plan through universal neonatal hearing screening (UNHS) and also with school hearing screening programs (SHSP), but only a few have published national data and revised protocols. Currently in Portugal, the UNHS is implemented in the main district hospitals but not the SHSPs, as well we still do not make use of concrete data nor publication of studies on the national reality.

**Objectives:** The incidence of the hearing loss and of otological problems was studied in school communities in the north of the country with 2550 participants between 3 and 17 years old.

**Methods:** Statistical data collected within the schools with a standard auditory hearing screening protocol. All participants were evaluated with the same protocol, an audiological anamnesis, otoscopy and audiometric exam screening (500, 1000, 2000 and 4000 Hz) were fulfilled.

**Results:** Different otological problems were identified and the audiometric screening exam counted auditory thresholds that outpointed uni and bilateral hearing loss in about 5.7% of the cases.

**Conclusions:** The study has demonstrated that auditory school screening should take place as early as possible and be part of the primary health care to identify and direct children to appropriate rehabilitation, education and attendance. Thus, reducing high costs with late treatment.

### SENSORY PROFILE OF INSTITUTIONALIZED CHILDREN

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**Introduction:** The maternal and environmental deprivation have been related to a set of intellectual and physical manifestations that can affect the child and later adult throughout his life. A

clear case of deprivation is the institutionalization of children from very early ages. There has been research on the effects of institutionalization but there are few studies on how environmental deprivation affects sensory processing.

**Methods:** This is a descriptive study, univariate-multivariate with control group, with a non-probability convenience sample of 138 children (5 and 10 years). The evaluation protocol includes three questionnaires, the Sensory Profile (Dunn, 1998), the Sensory Processing Measure (Parham et al 2007) and the Parental Stress Index (Abidin, 1995).

**Results:** We found that the children who are in institutions have a sensory processing development, within the range considered typical except in Emotional Reaction, in the inattention and distractibility. Regarding sensory function children who are in institutions showed a typical behavioural on most home context variables, except for Social Participation. In the class context, children have likely differences in most scales, except in Social Participation, Touch, Planning and Ideas. With respect to the stress index in child-caregiver relationship, children who are in institutions have an index within the normal standards, except for Acceptability, Reinforce, Attachment and Roles Restriction.

**Conclusions:** Compared with children who are in their families of origin, it was found that, of sensory processing, sensory functioning in home and class context both at the level of stress index in child-caregiver relationship values obtained show that there are differences in some areas but not in its entirety.

### LONG-TERM TRENDS IN TOBACCO SMOKING AND PHYSICAL INACTIVITY AMONG SIBERIAN ADOLESCENTS: A POPULATION-BASED STUDY (1989-2012)

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**Introduction:** Smoking and sedentary behavior are the major preventable causes of morbidity and mortality. Unhealthy lifestyle typically begins in adolescence, so control of the risk factors at this period may reduce cardiovascular events in adulthood.

**Objectives:** To assess trends in smoking and physical inactivity among adolescents in 1989-2012.

**Methods:** Six cross-sectional surveys of representative samples of school children aged 14-17 in 1989, 1994, 1999, 2003, 2009 and 2012 were carried out in Novosibirsk. Total sample was 3511. Self-reported smoking (1 cig/week and more), low physical activity (2 h/week of exercises and less) and sedentary behavior (weekly screen time) were obtained.

**Results:** During 1989-2012 the prevalence of regular smoking among boys declined from 45 to 18%, among girls - from 19 to 13%. Average amount of cigarettes per week in girls-smokers significantly increased since 1989, in boys it did not change. Adolescents-smokers registered twice more often in smoking families than in non-smoking families: 65% vs 35%. Among adolescent boys significant associations between smoking and high-density lipoprotein cholesterol were revealed. Levels of low physical activity were stably high during the period in boys (49-55%) and girls (83-73%). Leisure-time physical activity of adolescents rapidly declined during the computer era. In 2009 average amounts of weekly screen time (computer games, Internet, TV, video) were 18 hours in boys and 15 hours in girls. Physical inactivity rates were higher in smokers ( $P < 0.05$ ).

**Conclusions:** The data indicate on trends to decline in smoking among Siberian adolescents. However, stably high levels of physical inactivity and rising prevalence of sedentary behavior patterns specify a mainstream of prevention among youth generation.

## MENTAL HEALTH OF SCHOOL CHILDREN IN CHERNOBYL TRACE REGIONS: LOW DOSES RADIATION AS AN ENVIRONMENTAL STRESS FACTOR

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**Introduction:** The mental health impact of Chernobyl is regarded by many experts to be the largest public health problem to date, as the people continue to live in a contaminated area. With respect to stress-related symptoms, the rates of depressive, anxiety, and medically unexplained physical symptoms are two to four times higher in Chernobyl-exposed populations compared to controls.

**Objectives:** To assess the impact of combined radiological and psychological stressors on mental health of the school children in Chernobyl trace regions.

**Methods:** This is a cross-sectional quantitative descriptive and cross-correlated study with a sample of 327 school children at the age of 6-7 and 10-11 years living in Chernobyl trace regions of Russia. It was compared to a control group of 154 children from uncontaminated areas. The examination included clinical psychological investigation, intellectual assessment, and ECG-testing of children.

**Results:** We found a relative increase in psychological impairment in the exposed group compared with the control group, with increased prevalence in cases of intellectual working incapacity ( $p > 0.01$ ) and emotional disorders ( $p > 0.05$ ). The IQ level of children was relatively equal in both samples. The ECG-results testified to the signs of functional regulatory system retardation in the exposed group. We noticed a positive moderate correlation between IQ of children, intellectual working capacity and emotion stability.

**Conclusions:** Combined radiation and psychological environmental stresses are suggested as exacerbating the initiation and/or intensity of emotional disorders of the school children. The effect thought to be mediated by having good quality psychological support.

## PROMOTING RESILIENCE IN CHILDREN INSTITUTIONALIZED

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**Introduction:** The decision to institutionalize children in foster homes has generated great controversy and some researchers hypothesized that this may generate many risks especially for healthy and mental stability of children.

**Objectives:** The present study aimed to analyze the implications of a positive and balanced educational relationship, focusing on the promotion of personal and social skills, while protective factors and resilience of children living in residential institutions.

**Methods:** We constructed and validated a questionnaire administered to 43 teachers from Primary School who teach in classrooms with children who live in foster homes. It was also applied a socio-demographic questionnaire and the Healthy Kids Resilience Assessment Module (adapted by Martins, 2005) to a sample of students who live in institutions and attending the 3<sup>rd</sup> and 4<sup>th</sup> grade ( $N = 27$ ).

**Results:** The results show that teachers implement strategies to promote the development of personal and social skills in these students, but simultaneously they negatively evaluate their capacities for resilience. However, when comparing the data

obtained from the teachers, with the result of the application of the Resilience Scale directly to students, it appears that the information gathered suggests that these students are developing a resilient way of life, showing significant internal and external resources that seem to contribute to overcoming the difficulties and setbacks that life brings.

**Conclusions:** The study concludes that the implementation of strategies for developing personal and social skills by teachers have positively influenced Educational Resilience of these children.

## CHILDREN'S VIEWS ON BEING A HEALTHY PERSON

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The study presented is part of a wider research project, aimed to understand the characteristics of children's concepts of health and illness, its specificities, determinants, and consequences for designing health education programs and for organizing psychological services for ill children.

**Objectives:** To analyze the specific themes emerging from children's concepts about health.

**Methods:** This is a mixed (qualitative and quantitative) study with a sample of 175 school children aged 9 to 12. Participants were asked to write what it meant to them to be healthy. A category system previously validated (inter-rater agreement of 93%) was used to examine the structure of children's health concepts along 5 categories.

**Results:** Based on content analysis, a total of 625 descriptive units were derived from children's writings and coded. The most frequently used categories to define health were "engagement in preventive activities" (51%) and "positive feelings" (21.6%). Moreover results revealed the relative importance of the various sub-themes within each category, allowing a more comprehensive understanding of children's concepts of health.

**Conclusions:** Globally children provided complex and holistic definitions of health, including, in addition to physical and behavioral aspects, descriptors of psychological well-being. The results are useful for the development of health education programs by evidencing the importance of including psychosocial dimensions. In addition the results allow health professionals to adjust interventions to the views previously held by children.

## PREVALENCE AND PREDICTORS OF TOBACCO, ALCOHOL AND SELF-INJURY BEHAVIORS AMONG HEALTHY WEIGHT AND OVERWEIGHT ADOLESCENTS

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**Introduction:** The association of overweight with risk behaviors may operate through multiple psychological mechanisms.

**Objectives:** To assess differences in risk behaviors between groups according to weight status and to examine the cumulative role of certain psychosocial variables as potentially influencing factors on the presence of risk behaviors.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated study with a sample of 370 adolescents, divided in three groups: 205 adolescents with normal weight, 82 adolescents from the community with overweight/obesity and 83 adolescents with overweight/obesity and in outpatient treatment for weight control. The evaluation protocol includes sociodemographic and substance consumption questionnaire, the Self-Injury Questionnaire-Treatment Related (Claes & Vandereycken, 2007), the Brief Symptom Inventory (Derogatis, 1982), Social Support Satisfaction Scale (Pais-Ribeiro, 1999) and the Emotional Skills and Competence Questionnaire (Taksic, 2000).

**Results:** The prevalence of most risk behaviors in the overweight community group and in the overweight clinical group was similar or even lower than their healthy weight peers. Male gender, non-treatment for weight control, higher psychopathology, less ability to regulate emotions, lower family support and higher intimate support predict, at least, one of the three studied risk behaviors.

**Conclusions:** Overweight adolescents are not necessarily at increased risk of self-injury or of consuming alcohol/tobacco. Other variables related to outpatient treatment for weight control, psychopathology, social support, and emotional skills are more closely linked to substance consumption or self-injurious behaviors than is weight status.

## AUDIOLOGICAL HEALTH HABITS OF 12-13 YEAR OLDS VERSUS 15-18 YEAR OLDS

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**Introduction:** Young people increasingly listen to music with greater intensity and for longer periods of time so that the hearing loss is no longer something confined to the elderly but has become increasingly common in the young population. Programs promoting audiological health may be a way to sensitize young people to use music as a source of pleasure without incurring hearing loss.

**Objectives:** This study aimed to compare the audiological health habits of 12-13 year olds with young people aged 15-18 in an attempt to discover the best age for the development of an audiological health promotion project in schools.

**Methods:** We conducted a questionnaire and a hearing test for young people aged 12-13 attending the 7th grade and young people attending secondary school in the same school.

**Results:** The major difference between these two groups was found in the number frequenting places with loud music (3.8% versus 64.5%) and intensity (50% or more of maximum volume) with which they listened to music with their headphones (38.2% versus 61.3%) although both groups use headphones (84% versus 90.3%) in both ears. Note that both groups had normal hearing (88.5% versus 83.9%), with the frequency of 6000Hz being the most affected, both groups had difficulty understanding the teacher when there was noise in the classroom (58.7% versus 48.4%), and both groups knew that noise could damage hearing (75.2% versus 93.5%).

**Conclusions:** Knowing that acquired behaviors are difficult to change, we can conclude from this study that a program of hearing health will be more effective at ages 12-13, before young people acquire the habit of listening to loud music in local nightclubs or through their headphones, since it is between the ages of 15-18 that these behaviors are acquired.

## PLAYING, SOCIAL INTERACTION AND COMMUNICATION IN THE CHILD WITH AUTISM SPECTRUM DISORDER

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**Introduction:** Every child plays. Playing is a fundamental right for all children with benefits in their motor, social and cognitive development. It is also an important tool to intervene in the child's health condition (Leite and Sandoval, 2003). The child with Autism Spectrum Disorder (ASD), which is a chronic and general disorder of children's development, has qualitative deficits in social interaction and communication, repetitive and stereotyped behavioral patterns and a restricted repertoire of interests and activities (Gadia et al, 2004; Fávero and Santos, 2005).

**Objectives:** To identify how the child plays and the contribution of play to the promotion of social interaction and communication of children with ASD aged between two and ten years.

**Methods:** Systematic review of full text papers published between January 2002 and July 2012 which included how ASD children aged between two and ten years old play. Web portals, databases and search engines were used (EBSCO, LILACS, PUBMED, MEDLINE, CINAHL, Academic Google). The following keywords in Portuguese, English and Spanish were used: "child", "autism", "ASD", "play", "communication" and "social interaction". Studies with ASD children with associated diseases were excluded. This search resulted in 834 papers: 84 were selected and 8 were used.

**Results:** ASD children learn mostly through direct play (touch and use of objects). The use of some techniques such as repetition of the activity taught by the adult, social stories and reciprocal imitation in everyday playing can contribute to improving social interaction and developing language skills.

**Conclusions:** Nurses should raise parents' awareness for the importance of playing in promoting social interaction and communication, which are often impaired in these children.

## INSOMNIA IN TEENAGERS

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**Introduction:** Sleep is an integral part of the life of an individual and we all depend on its restorative function to face with a renewed energy each new day that begins.

**Objectives:** Create a page in the Internet with the implementation of interventions of education for the health; test the viability of the virtual questionnaire to determine the prevalence of the insomnia in the ESSV in school year 2011/2012.

**Participants and methods:** This research consisted, in continuing the creation of a web page, already called "My sleep," with the implementation of interventions in health education. We performed a cross-sectional, descriptive study. The study population is composed by students of the graduation course in nursing of the ESSV, in a total of 244 students with ages between 18 and 38 years old, enrolled in the academic year 2011/2012, 1<sup>o</sup> semester. Insomnia was assessed based on DSM-IV, estimating the prevalent of insomnia and of the symptoms in the last month, with a frequency of at least three times a week.

**Results:** The prevalence of insomnia in the last month was 18,1%, being superior in the feminine sex although the difference is not statistically relevant ( $p = 0.11$ ). The prevalence of insomnia symptoms, difficulty in beginning sleep, difficulty in maintain sleep,

wake up to early and having difficulty in get back to sleep and non repairing sleep was 22.1%, 10.7%, 12.1% e 22.8%, respectively.

**Conclusions:** We consider that the prevalence of insomnia in students of the ESSV it's a frequent problem. And considering the socioeconomic changes and the harmful consequences of sleep privation, we consider that health education, based in rules for good sleeping habits are essential.

## INFLUENCE OF BODY MASS INDEX ON LUNG FUNCTION OF YOUNG SOCCER PLAYERS

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**Introduction:** Obesity is a health problem with large proportions in the developed countries and affects respiratory physiology at rest and exercise in adults, but it is also important to understand the influence of BMI in pulmonary function of children and the impact on exercise.

**Objectives:** Evaluate lung function in young soccer players and verify the influence of the body mass index (BMI) both at rest and after training.

**Methods:** Thirty-eight children were selected from a soccer school and evaluated using a questionnaire, anthropometric measures and respiratory function tests (RFT). All parents signed the consent form approved by Ethics Committee of Fernando Pessoa University, Porto, Portugal. Inclusion criteria were: age between 5-11 years old, informed assent properly signed and correct fulfilling of the questionnaire. Data were analyzed using SPSS 18.0. ANOVA and Kruskal-Wallis test were used to compare the data between three groups of children, according to BMI: normal weight, overweight and obese. A correlation analysis was also made using Pearson or Sperman coefficients.

**Results:** Our data indicate that in active children BMI does not have a significant effect on the spirometry values analyzed, at rest and after training. However, we observed a strong correlation between lung function parameters and variables like age and height.

**Conclusions:** This study suggests that weight does not affect lung function in children in the variables analyzed, and show that height and age are the strongest predictive variables at this ages. Although, it is important to emphasize that childhood obesity may cause serious health complications that were not explored in this study. So it is relevant encourage children to be active and fit, in order to combat and avoid obesity.

## HEALTH AND SOCIAL REPRESENTATION: 9<sup>TH</sup> YEAR STUDENTS PERCEPTION FROM TWO DIFFERENTS SCHOOLS OF DF - BRAZIL

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**Introduction:** Perfect body culture, submitted by the media, highlights a cultural and aesthetic pattern that is not always connected to health. Today, media presents as a health model, skinny bodies that will serve as parameter to a large section of the youth, in search for the imaginary ideal body, they go to strict diets, ingest food supplements and attend academies, what may cause health problems, like the appearance of eating disorder.

**Objectives:** To investigate the social representation of students from 9th grade on health, highlighting their perceptions about body and health care.

**Methods:** A questionnaire containing the technique of free association words and six open questions. This instrument was administered to 157 students in 9th grade, 63 from a public school and 94 from private school.

**Results:** Social representations from surveyed students, about health care, are built in association with aesthetics and beauty standards of today, since the concern is the body care, usually related in the absence of disease and the frequency at academies. Another finding is that, in relation to the body design, evidenced the concern of students regarding the care of the external appearance. For the group of participants, the body means, among other things, an "object" that deserves care, centered mainly on the external aspects.

## TRANSLATION AND CULTURAL ADAPTATION TO PORTUGUESE OF "LEUVEN KNOWLEDGE QUESTIONNAIRE FOR CONGENITAL HEART DISEASES"

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**Introduction:** Knowledge about the disease and treatment management, are prerequisites for adolescents with congenital heart disease to adopt appropriate health behaviors.

**Objectives:** To describe the process of translation and cultural adaptation to Portuguese language of "Leuven Knowledge Questionnaire for Congenital Heart Diseases-LKQCHD" (Moons, 2009), which evaluates knowledge in five areas: disorder and treatment, prevention of complications, physical activity, sexuality and heredity, contraception and pregnancy.

**Methods:** Methodological study, according to the guidelines described by MAPI Research Institute. After author's permission, the process of translation from the original version in English into Portuguese was conducted, independently by two health professionals with good command of English. After consensus meeting, the Portuguese version was back-translated into English by two independent, accredited translators, whose first language was English. This version was sent to the author who agreed with the Portuguese version, after clarification of the title and one of the questions. A version for parents was developed, by changing the questions to the third person.

**Results:** The questionnaire will be administered to adolescents followed in the referral centers for pediatric cardiology in Portugal, and their parents, after permission is released from Ethic Boards. Data will be available and presented in May.

**Conclusions:** The existence of the Portuguese version of LKQCHD, both in adolescents and parental version, will permit to monitor the knowledge acquired by adolescents and their families, allowing the adjustment of health education plans in accordance with the identified gaps, and promoting health behaviors and healthy transitions.

## SPEECH DISCRIMINATION IN FOUR-YEAR-OLD CHILDREN. HOW TO ASSESS?

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**Introduction:** The speech discrimination is the ability to differentiate between two audio stimulus, namely to differentiate

speech sounds. If this capacity is altered, oral comprehension and expression might be affected.

**Objectives:** To build and to validate a test for evaluating speech discrimination in four-year-old children.

**Methods:** This study claims to present the 1st stage of a methodological study (construction and validation of content) of a speech discrimination test. After its construction, based on other evidence and theoretical foundation, its content was validated by a Delphi panel of five elements - Speech Therapists fully competent on research and practice in this area. 30 real images were validated by children in proof of identification. All the formal and ethical procedures adopted by the Declaration of Helsinki were met.

**Results:** The test was originally built with 115 indicators. This number of indicators remains equal, although some have been revised and added, in order to meet an agreement of the Delphi panel of 80% - at least. An average agreement of 92% was obtained over the analysis parameters after four consultations by the experts (via email). In the test it is possible to evaluate the ability of speech discrimination of phonemes (in words with and without visual support, in pseudo-words and on vowels) and of phrases, considering the discrimination above and below 1000Hz. In the validation of the images it was found that 98% of children are able to identify them.

**Conclusions:** The test has subtests needed to assess speech discrimination in four-year-old children. No other test measured for the Portuguese population encloses these features. The next aim is to validate it psychometrically and to develop a software that enables its application.

## MEDICALIZATION AND BIOMEDICALIZATION OF CHILDHOOD: THE CASE OF ATTENTION DEFICIT AND HYPERACTIVITY DISORDER

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**Introduction:** In the scope of a rising process of medicalization, the behavior of children has become particularly relevant.

**Objectives:** Starting from the analyses of Portuguese reality, to critically discuss childhood medicalization and biomedicalization, with particular reference to the Attention Deficit and Hyperactivity Disorder (ADHD).

**State of the Art:** A condition or a behavior is medicalized when it is described and understood within a medical scope, it is given a medical label and is treated through a medical intervention, which can be pharmacologic or other (Conrad, 1992). More recently, the term biomedicalization was introduced by Clarke et al, (2003) in the attempt to describe the changes in the organization of biomedicine. The biomedicalization calls not only for the disease as locus of medical intervention, but also for the health, not requiring a prior pathologisation. The main difference between medicalization and biomedicalization is that the former is centered in the treatment, and the latter in increasingly pursuing enhancement, improvement and optimization.

**New perspectives:** As the clinical gaze was extended into new areas, children's lives underwent progressive and far-reaching transformations, becoming a place for the construction of medical meanings (Iriart, 2012). This is the case of ADHD, when a child is identified as having a disorder, the label affects his/her social relationships, there is a process of internalization and the creation of new identities around the suffering process.

**Theoretical and practical implications:** From a research work in progress, analyzes the drivers of biomedicalization (Conrad, 2007) of ADHD in Portugal, in order to clarify and better understand the psychosocial impact of this condition.

## HEALTHCARE SYSTEM AND PROFESSIONALS AND SXF: THE FAMILIES PERSPECTIVES

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**Introduction:** The Fragile X Syndrome is a developmental disorder with genetic etiology not very common and often underdiagnosed in Portugal. However, it is the most frequent inherited cause of intellectual disability and also the better known genetic origin of autism. Health professionals are those who, firstly, are responsible for detecting the signs that something is affecting the development and conduct to the diagnosis.

**Methods:** Qualitative study based on interviews with 40 mothers of children with FXS (full mutation) using a Grounded Theory approach.

**Results:** We found: a) difficulty of pediatricians in dealing with complaints and signals detected by the mothers, b) little information or awareness of referral for diagnosis; c) significant delay in sending for genetic diagnosis d) difficulties in communicating the diagnosis to families, e) articulation and difficulties monitoring throughout the development of the child.

**Conclusions:** Based on these findings will be proposed guidelines so that the health system can receive and follow more effectively the children and families living with this syndrome.

## PREVALENCE AND BREASTFEEDING MOTIVATION AMONG PREGNANT PORTUGUESE WOMEN

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The protection, promotion and support of breastfeeding (BF) is a priority for world health. Exclusive breastfeeding (EBF) for the first 6 months (M) ensures the growth, development and optimum health. In Portugal, the BF Report 2012 indicates 65.2% do EBF to the discharge and 26% do during the first 4M.

**Objectives:** To assess the motivation of pregnant women to BF; to determine the prevalence of BF and determinants of EBF during 4M.

**Methods:** Quantitative, cross-correlated study with a non-probability, convenience sample of 286 women. Data collection in pregnancy and 4 months postpartum using a structured interview self-report.

**Results:** Whole of women are motivated to BF and 99.3% had already decided to breastfeed during the pregnancy. The prevalence during the first 4M is 65.9% to EBF. The main causes of dropout refer production/characteristics of milk (48.6%) and 36.7% for maternal factors (fatigue and return work). The mothers more successful in BF are older, more educated, married, prenatal counseling and positive experience of BF. In relation to the variables studied (having been breastfed, planned pregnancy, public or private prenatal assistance, 1st prenatal appointment, type of pregnancy and delivery, BF training, support, duration and experience BF) only experience and duration of BF were statistically significant compared to the duration of the EBF for 4M ( $U = 19.500$ ,  $p = 0.000$ ). There was also a statistically significant dependence between the support and the prevalence 4M. However, in women who have ceased BF the presence or absence of support was not decisive.

**Conclusions:** The results enhance the need to more intervention of health professionals in demystifying beliefs and more participation of family/community in order to offer more support prolong the EBF up to 6M.

## ADOLESCENTS WITH CYSTIC FIBROSIS: HEALTH EDUCATION

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**Introduction:** The adolescents with cystic fibrosis most overcome extra obstacles in each developmental stage, due to the chronicity of their disease. In addition to the permanent character of the pathology, for these adolescents to have a better quality of life they must depend on three fundamental pillars of the clinical treatment: medication in large scale, respiratory kinesiotherapy and hyper caloric nutrition. The aim of this work is to reflect and raise awareness among professional health/care givers to the necessity of building, based on scientific evidence, guidelines or intervention programs to give assistance and help in a conscious and consistent decision making towards the needs of these adolescents. **State of the art:** Our research led us to find structured recommendations on health care in adolescents with cystic fibrosis in several foreigner hospitals and associations, mainly English and Canadians, but not in Portugal.

**Practical implications:** If health education “is to provide children and youngsters the knowledge, attitude and values which should help them do choose options and make decisions health adequate” (congress portal), do nurses have a positive role in this appropriation in adolescents with cystic fibrosis? We believe that the awareness of these adolescents and the use of enlightening and motivational strategies should be in the horizon of the nurse care in order to maximize the developmental potential of children and adolescents with this pathology.

## THE SOCIOCULTURAL ANIMATION AS AN INTERVENTION IN PROMOTING QUALITY OF LIFE OF CHILDREN/ ADOLESCENTS WITH CANCER

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**Introduction:** This project resulted from a research / intervention with children and adolescents with cancer, ages ranging from 3 to 16 years whose purpose was focused on the promotion of their welfare and quality of life.

**Objectives:** Facilitate the integration of children/adolescents in (re) entry into the (pre) school; restore confidence, self-esteem and mood of children/adolescents with cancer; tackling isolation; enable contact with nature and develop a taste for agricultural and gardening activities and artistic expression.

**Methods:** Our intervention was developed with resource of the methodologies of qualitative paradigm, since these emphasize the interpreted understanding of the facts, of the meanings and the intentions of the target population, especially valorizing the subjectivity, ie the change process and improvement of welfare. In the perspective of a participatory action research we resorted to sociocultural animation as a means of educational intervention by promoting the involvement and active participation of participants through active methods and techniques.

**Results:** The intervention had positive results given that in the final evaluation of the project the participants were assertive, referring that the project had contributed to an improvement of their welfare and quality of life through the favoring of outdoor activities, ludic and pedagogic activities and activities of conviviality which helped to fight discouragement, isolation and loneliness.

**Conclusions:** This experience reaffirmed the importance of sociocultural animation as a promoting intervention of welfare,

quality of life and humanization within vulnerable public at the level of health.

## SOCIAL BEHAVIORS AND SOCIAL PROVISIONS IN PORTUGUESE ADOLESCENTS

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**Introduction:** Establishing gratifying relationships and obtaining social provisions from peers is of significant importance during adolescence, being associated with positive feelings and mental health. These social provisions may nevertheless be lost or gained by practicing either aggressive or assertive behaviors.

**Objectives:** To evaluate the associations between social support and social behavior in adolescence.

**Methods:** 115 adolescents (mean age of 16,6 years old; 72% female) were assessed for aggression, assertiveness and social provisions.

**Results:** Boys were significantly more aggressive than girls, and so correlations between aggression and social provisions were evaluated differently by gender. More aggressive girls and boys both perceived lower reassurance of personal value by others and decreased chances for providing support to others. For girls only, aggressiveness was associated with decreased social inclusion, while for boys it associated with diminished perception of a reliable bond and attachment to others. Specific differences based on the forms and functions of aggression were also apparent. As for assertiveness, it associated with feeling reassured of their personal value by others, socially included and reliably bond to others.

**Conclusions:** These results add to the evidence that promoting prosocial behaviors may importantly impact on the psychosocial development of adolescents, while permitting non-adaptive social behaviors may contribute to their continued exclusion and represent an important marker for understanding and preventing deviant behavior.

## AGGRESSION, ASSERTIVENESS AND ALEXITHYMIA IN YOUNG ADULTS

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**Introduction:** The ability to process and assign meaning to personal and others' emotions has been proposed to be part of social information processing, which in turn mediates between a given social event and the social behaviors that are enacted when facing it, such as aggression and assertiveness.

**Objectives:** This work proposes to investigate how the inability for emotional processing (alexithymia) may associate to those social behaviors.

**Methods:** 296 young adults (mean age of 23.88 years old; 77.4% female) were evaluated using the 20-item Toronto Alexithymia Scale, the Peer Conflict Scale and the short version of the Scale for Interpersonal Behavior.

**Results:** Male participants present higher levels of alexithymia and aggression, and female participants report acting more assertively. Also, alexithymia positively correlated with aggression and discomfort in social events, and negatively correlated with frequency of assertive behavior. Specifically, difficulty in describing personal emotions to others was predictive of assertiveness, whereas difficulty in identifying personal emotions was predictive of aggression.

**Conclusions:** These findings concur to the proposed consideration of emotional processing as antecedent of social behaviors. Furthermore,



they suggest that not only a biased ability to process personal and other's emotions, but also the inability to identify, process and share personal emotions, may have a negative impact on social performance.

### A COMPARATIVE ANALYSIS OF INTERPERSONAL SCHEMAS ASSOCIATED TO SOCIAL ANXIETY AND AGGRESSION

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**Introduction:** Social anxiety and aggression have been associated with negative interpersonal schemas. Recent theories suggest that a minority of socially anxious individuals practice aggressive behaviors.

**Objectives:** To analyze the similarities in the interpersonal schemas associated simultaneously to social anxiety and aggression.

**Methods:** A sample of 267 late adolescents (mean age of 16.56 years old; 71.9% female) was assessed for relational and overt aggression, for social anxiety, and for negative interpersonal schemas.

**Results:** Relational and overt aggression and social anxiety associated positively with the same five negative interpersonal schemas: perceptions of others as abusive and not to be trusted; approval and recognition seeking as a motive for behavior in social interactions; personal vulnerability to harm or illness, and pessimism in relation to future events. Relational aggression and social anxiety shared positive associations with four negative schemas, which did not correlate with overt aggression. These schemas relate to perceptions of: emotional deprivation in social interactions, personal defectiveness and shame, personal dependence and incompetence in daily tasks, and the need to subjugate to others as condition for sustained relationships.

**Conclusions:** Given that interpersonal schemas may impact on the subsequent cognitive, affective, and behavioral responses to a social event, the similarity found on interpersonal schemas for social anxiety and aggression may explain the co-existence of these two apparently distinct constructs.

### SOCIAL ANXIETY AND ASSERTIVENESS: A COGNITIVE FRAMEWORK FOR SOCIAL PERFORMANCE IN ADOLESCENCE

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**Introduction:** Social anxiety and assertiveness have been empirically and conceptually related, but the understanding of this association has not been attempted. Being that they are proposed to be emotional and behavioral consequences of the activation of interpersonal schemas, an integrated cognitive perspective on this association may be explicative.

**Objectives:** To apply a cognitive framework to the association between social anxiety and assertiveness.

**Methods:** Using structural equation modeling procedure, the effects of interpersonal schemas on automatic thoughts, social anxiety and two types of social behavior (assertive behavior and avoidance) were analyzed, using a sample of 679 adolescents (mean age of 16.68 years old; 61.3% girls).

**Results:** A direct effect of positive interpersonal schemas on negative automatic thoughts, social anxiety and assertive behavior on the one hand, and avoidance on the other was found. Indirect effects on both types of behavior were also found, through negative automatic thoughts and social anxiety.

**Conclusions:** There seems to be a similar cognitive basis for social anxiety and assertiveness. The lack of positive representations of social events may give rise to social anxiety, and avoidance or assertive deficit. Contextual factors may be significant in determining which social behavior follows this cognitive vulnerability.

### CARDIOVASCULAR AND METABOLIC RISK FACTORS IN CHILDREN: ASSOCIATION BETWEEN BODY MASS INDEX AND WAIST CIRCUMFERENCE

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**Introduction:** Several variables contribute to the development of cardiovascular risk factors (CRF) since childhood. There is an increased prevalence of overweight and obesity in children and both are associated with numerous health risks.

**Objectives:** Our aim was to determine the prevalence of overweight and obesity, according to body mass index (BMI), and the percentage of children with a potential risk of cardiovascular comorbidities and insulin resistance, by waist circumference (WC). We also tried to understand the association between BMI and WC, and the variation according to age and gender.

**Methods:** 227 children (7-10 years) were surveyed. The body weight was measured to the nearest 0.1 kg, using an electronic scale. Height was measured to the nearest 0.1 cm using a stadiometer. Overweight and obesity were determined using BMI, according to age and sex-specific World Health Organization cut-offs. WC was measured at the narrowest point between the lower rib and the iliac crest.

**Results:** The prevalence of overweight and obesity was 24.2% and 18.5%, respectively. Considering the evaluation of WC above 90th percentile, the prevalence of participants with a potential increased risk of cardiovascular comorbidities and insulin resistance was 18.06%. Significant correlations were found between weight and WC ( $r_s = .844$ ,  $p \leq .01$ ), as well as between BMI and WC ( $r_s = .853$ ,  $p \leq .01$ ). We verified a significant direct variation of WC according to the age ( $r_s = .221$ ,  $p \leq .01$ ).

**Conclusions:** Considering that the prevention of obesity is much easier than its reversion, these results increase the importance of early multidisciplinary interventions, combining physical activity and nutrition experts and involving a family component, to prevent cardiovascular and metabolic diseases in older ages.

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### ALCOHOL DRINKING IN CHILDREN OF THE 1ST CYCLE AND ITS INFLUENCING FACTORS

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**Introduction:** Early onset of consumption and excessive drinking became a problem that affects the entire population. As in other countries, alcoholism and alcohol-related problems are a serious public health problem in Portugal.

**Objectives:** To determine if children drink alcohol, what types of alcoholic beverages, how often do and what are the factors that influence this consumption.

**Methods:** This is a quantitative, non-experimental, descriptive / correlation study. Was used for data collection a questionnaire administered to a sample of 175 students attending the 2nd, 3rd and 4th years of the 1st cycle of Basic Education Cluster Schools Sátão, academic year 2011/2012.

**Results:** The age of onset of consumption is on average six years, the pattern of alcohol consumption differs by gender, with boys who have the highest standard: daily/weekly. The girls have a higher percentage of non-consumers and occasional consumers monthly. The start site of consumption occurs at home followed by coffee. Usually 92.5% of boys and 87.5% of girls drink alcohol with family members. About 70% of fathers and 30% of mothers consume alcohol. A significant percentage value obtained from siblings and grandparents who consume alcoholic beverages.

**Conclusions:** The distribution of alcohol consumption by children with alcohol consumption by parents demonstrates statistically significant. The consumption of alcoholic beverages by both the mother and the father influences the consumption of alcoholic beverages of children compared to children who do not consume. There was no statistically significant relationship between the remaining independent variables and alcohol consumption by students in the sample under study.

#### SCREENING FOR HEARING IMPAIRMENT: PRESCHOOL AND PRIMARY-SCHOOL CHILDREN

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**Introduction:** The hearing screening in preschool and primary school children aims to identify early changes in the auditory system. It allows a quick medical referral, avoiding the aggravation of changes, minimizing the hearing problems and possible academic failure (ASHA, 1997).

**Methods:** A total of 386 children (124 were preschool and 262 were primary-school students) started the review with otoscopy, tympanogram and the audiogram screening, wich included a survey of the thresholds 20dB at frequencies of 500, 1000, 2000 and 4000 Hz (pass ou refere). It was considered refers when presented at least one of the following: changes in otoscopy, tympanogram type B or C2 and not listen at 20 dB one frequency at least.

**Results:** It was found that 9% of the children failed and 74% passed the hearing screening, 3 % of the problematic children are already being followed in ORL. To 17% of the sample it was required to repeat the screening after a month and a half, according to the guidelines of American Speech-Language-Hearing Association (ASHA, 2005). It was found that the age group of 3/4 years showed the most changes in the screening with 27% of refere.

**Conclusions:** The hearing screening in pre and primary school allows the identification and early intervention of changes in the auditory system. Many of these changes are asymptomatic going unnoticed for parents and Educators. Despite ASHA indicates preschool screening at 5 years old, in this study it was found that the age group with the highest percentages of changes occurred at 3 years old. It is suggested the implementation of preschool screening also to this age group.

#### PARENTS' CONFIDENCE, DIFFICULTIES AND KNOWLEDGE NEEDS IN THE EXERCISE OF POSITIVE PARENTING

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**Introduction:** Positive parenting is parental behaviour based on the child's best interest that must be understood by parents and supported by professionals. This support must be based on the needs and capabilities of parents.

**Objectives:** To assess the relationship between parents' knowledge needs and parents' confidence and difficulties in the exercise of positive parenting.

**Methods:** This has a correlational design and a non-probability sample of 1,011 portuguese parents of children up to three and half years of age. A questionnaire was used to profile the participants, and the process of parenting which it was operationalized using three scales with the same five dimensions: the child's physical needs, safety, development, communication and discipline (Lopes & Dixe, 2012).

**Results:** We found the existence of the lack of confidence, of difficulties and of the need for parents' understanding of all components of positive parenting. The Pearson's coefficients showed the existence of correlation ( $p < 0.01$ ) between the dimensions of each scale. The increased of parents' knowledge needs was associated with a decreased parents' confidence and increased parents' difficulties, The greater correlation was between parents' knowledge needs on child's physical needs and parents' confidence ( $r = -0.502$ ;  $p < 0.01$ ) and parents' difficulties ( $r = 0.712$ ;  $p < 0.01$ ) in compliance with those needs.

**Conclusions:** The results show areas of need for intervention to support parents in a positive parenting. They enhance the need the existence of structured programmes for increased the parents' knowledge and they show that these programmes will contribute to improve the capabilities of parents to their role with a view to child health promotion.

#### ARTICULATION DISORDERS PREVALENCE IN ELEMENTARY SCHOOL CHILDREN

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**Introduction:** The phonetic-phonological system of the language is almost complete at five years of age (Mendes, Afonso, Lousada, Andrade & Valente, 2009). Later this will have to be adapted to other contexts, such as more complex words or less usual. Thus, Children of school age who are unable to pronounce certain words, may have an underlying articulatory disturbance.

**Objectives:** To determine the prevalence of articulation disorders at Children in Elementary School by gender, age and educational attainment.

**Methods:** For this epidemiological study, 230 children with ages from 6 to 10 years from three schools were evaluated, between February and May 2013, with assent of the National Comission for Data Protection, Directorate General for Innovation and Curriculum Development, and their carers. The phonetic-phonological test was applied (Mendes, Afonso, Lousada, Andrade & Valente, 2009), to assess articulatory changes, as well as the Orofacial Assessment Protocol (Guimarães, 1995), for evidence of anatomical and physiological changes.

**Results:** 10.6% (9) of female and 20.3% (16) of male children present articulatory disorders, however, and despite these differences, they do not show statistical significance ( $p > 0.05$ ). Doing the analysis by age group, we verified that is aged [7; 0-7; 6] that there is a higher prevalence of children with articulation disorders (36.8%), and aged [8; 0-8; 6] does not sensed children with disorders (0%). Of the 5 children with school failure, 4 present disturbances (2 of them aged 6-7 years, 1 with 7 and 1 with 9 years).

**Conclusions:** Given the importance of these aspects in the success of children, it mine doing more screenings and forwarding the same for Speech Therapy.

## ANALYSIS OF PARENTAL STRESS LEVELS IN VIEW OF OPPORTUNITIES TO TAKE CARE OF HOSPITALIZED SON

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**Introduction:** The attending needs of hospitalized children requires from the medical and nursing teams new caring practices, focused on the singular aspects of the child and considering the family as the center of care.

**Aims:** To analyze the influence of the opportunities to take care of the hospitalized child in the level of parental stress.

**Methods:** Transversal, descriptive-correlational study, accomplished in a sample of 125 adults, average age = 33.45 (SD = 8.48), parents of hospitalized children in a hospital from the center of Portugal. Data was obtained from socio-demographic characterization of participants and applied the Parental Stress Scale (Mixão, Leal & Maroco, 2010).

**Results:** 86.4% of parents were married, 35.0% had the 2nd/3rd cycle of schooling and 45.6% average yield. Globally, 26.4% had the emergency the main hospital experience, 80.8% assumed that child hadn't chronic illness, however 41.6% reported having little control over the actual disease. Most children had  $\leq 2$  years (mean = 6.24 years; SD = 5.72) 56.7% were hospitalized  $\leq 7$  days. Parents showed an overall low level of stress (mean = 32.9; SD = 6.55) however 60.8% refer that, despite having many opportunities to decide and care the child during hospitalization, we found that levels of parental stress were higher in those who reported having little opportunity but only significant in concern, overall satisfaction and stress dimensions (MO = 71.79;  $p = 0.029$ ).

**Conclusions:** Parental stress must be considered an attention focus for the pediatric teams, whose plans of intervention must pass by listen the parents concerns, and also should implement strategies of appropriate support to training programs for participation in care, seeking out the parental autonomy and the healthy development of the children.

## RISK-TAKING AND SELF-HARM BEHAVIOURS IN ADOLESCENTS: PREVALENCE, CHARACTERISTICS AND ITS RELATIONSHIP TO QUALITY OF LIFE

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**Introduction:** Injuries and risk-taking (RT) behaviours in adolescence are a public health concern. Many types of RT and deliberate self-harm (SH) behaviours typically appear in adolescence, which

contribute to the leading causes of morbidity and mortality in this age group. Thus, the promotion of healthy behaviours and choices is needed.

**Objectives:** This paper aims to analyse the prevalence of RT and SH behaviours in a community sample of adolescents, controlling the effect of gender and age; examine the link between RT and SH behaviours; explore the relationship between RT and SH behaviours and self-perceived quality of life (QoL).

**Methods:** A sample of 346 Portuguese adolescents (girls:  $n = 194$ , 56%) aged between 12-18 years-old ( $M = 15.10$ ,  $SD = 1.77$ ), from 7th to 12th school grade, answered sociodemographic questions, the Risk-Taking and Self-Harm Inventory for Adolescents (Vrouva et al, 2010) and the surveillance version of the Youth Quality of Life Instrument (Topolski et al, 2001).

**Results:** The results show that adolescents tend to more than one harmful behaviour. The most prevalent RT behaviours are taking chances while doing one's hobbies, smoking tobacco, cheating and alcohol use/abuse. The most frequent SH behaviours are self-demeaning thoughts and behaviours, pulling one's hair out and suicidal ideation. Boys reported higher RT behaviours than girls. Later adolescence shows an increased involvement in RT and SH behaviours. Adolescents who engage in more RT behaviours tend to endorse lower levels of QoL than those who do not engage in RT. **Conclusions:** Gender and age seem to influence the expression of RT and SH behaviours. This study highlights the importance of prevention programs involving the promotion of health and safety behaviours in young people.

## ACUTE INTOXICATIONS IN ADOLESCENCE: THE EVOLUTION THROUGHOUT THE YEARS

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**Introduction:** Adolescence is a complex phase of human development, characterized by new experiences, and therefore in which teenagers are particularly vulnerable to substance use. The profound changes that adolescents undergo during this period may cause pain, and consequently depression and suicide can be quite common.

**Aim:** To characterize acute intoxications in adolescents hospitalized in the Department of Pediatrics of CHTMAD and its evolution over the years.

**Methods:** Retrospective analysis of clinical files of adolescents hospitalized with a diagnosis of acute intoxication in the period between September 2005 and February 2013.

**Results:** There were 116 admissions, 50.9% male, with an average age of 14.7. There was a gradual increase in the number of cases per year, with a maximum of 24 cases being registered in 2011. Most intoxications (50.9%) occurred in the afternoon. Consumed substances included alcohol in 51.7% (41 men: 19 women), drugs in 32.8% (5 men: 33 women), legal psychoactive substances in 5.2% (6 men: 0 women), cannabis 4.3% (4 men: 1 woman) and other 6%. The reason most often mentioned for consumption was the presence at parties (56%), followed by family related problems (19.8%). 58.6% were instructed to outpatient services. There was a subsequent intoxication in 5.2% and seven adolescents had teenage pregnancy.

**Conclusions:** There is a clear increase in the number of cases along the years, mainly at the expense of an increase in ethylic intoxication. The consumption ratio of female/male in regards to alcohol and drugs remains similar to other series. The high percentage of adolescents who reported family related problems should lead us not to overlook their subsequent follow-up,

considering that intoxication may be just the tip of the iceberg of complex psychosocial situations.

## URINE COLLECTION BY BAG IN YOUNG CHILD

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**Background:** Urinary tract infection in children has high prevalence and serves as a marker for abnormalities and also can lead damages such as hypertension and chronic renal failure. Nurses use collection bag method and need evidence about precise length of stay of collection bag and their influence on the result of urine culture.

**Objectives:** To check if there is difference between the different residence times of collection bag after sterile perineum and results of urine culture in order to support scientifically nurse's protocols.

**Methods:** It is a quantitative and quasi-experimental study applied to 58 children up to 36 months, with suspected urinary infection; there is a control group (N = 26) in which collection bag stays less than 30 min. and an experimental group (N = 32) in which collection bag stays until 60 min. Data collection in a table was socio-demographic variables and nurses interventions related to urine collection.

**Results:** The result of first urine culture shows that time of 30 min, 45.5% were positive, while 31 to 45 min only 18.2% and 46 to 60 minutes 36.4% had this result. We concluded that residence times of collection bag, after sterilization of perineum of children, differing from 30, 45 and 60 minutes, did not influence the results of urine cultures.

**Conclusions:** Urine collection by collection bag is the most used method by high negative predictive value. It is a nurse's intervention in pediatric field. Results shows that the residence times of collection bag, after sterilization of perineum, till 60 minutes, did not influence the results of urine cultures. As implications for clinical practice it will be less nurse's interventions to clean perineum what is a benefit to the child, ensure quality in nursing care and also means health gains.

## STOP OBESITY: AN ACTION-RESEARCH PROJECT

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**Introduction:** Pediatric obesity reached epidemic proportions, being urgent the implementation of community-oriented health promotion dynamics and adequate responses to the needs of population.

**Goals:** The main objective of this project promoted by the Central Regional Section of Ordem dos Enfermeiros (Portugal) was to develop an intervention able to achieve health gains, decrease the prevalence of obesity by improving the indexes of physical activity and the dietary pattern of children.

**Methods:** This action-research project took place during 2 years and was structured in 2 main phases: Phase 1: training sessions and realization of situation diagnostics (baseline evaluation); Phase 2: intervention project and health gains assessment. The total sample was composed of 887 children, 7 to 13 years, involving 8 health care units and 15 nursing professionals (trainees).

**Results:** In the situation diagnoses, the prevalence of overweight children varied depending on the region, being the least 27.6% and the maximum 40.9%. It were identified several behavioral aspects associated with overweight, as dietary pattern, physical activity and family influence. During the study, the intervention were targeted for 555 children. There was a 5.1% reduction in the

prevalence of overweight and the effectiveness of the intervention program were noted in the consumption of vegetables, fruit, sweets and "fast-food". It was also observed a positive development with regard to physical activity and reduction of sedentary lifestyle.

**Conclusions:** This study underlines the importance of the combination of multiple intervention strategies as diet, exercise, behavioral change, lifestyle modification and social support involving peers and family, based on rigorous methodological designs.

## VIRTUAL THERAPEUTIC COMMUNITY FOR OBESE ADOLESCENTS AND THEIR FAMILIES (NEXT.STEP)

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**Introduction:** Adolescent obesity is a major health problem, being urgent to find effective interventions that induce behavioural change. The inclusion of ICT (Information and Communication Technologies) in the intervention may improve adolescents' adherence to weight management and lead to the adoption of healthier lifestyles. We are going to describe the design and rationale of a controlled trial that aims to determine the effectiveness of an intervention program where ICT has been incorporated (Next.Step).

**Methods:** The study was designed as a clinical trial with a control group. Participants were selected (according to the criteria for inclusion and exclusion) from the list of patients followed at a Paediatric Obesity Clinic. Sample size was calculated according to the power analysis. The experimental group will follow the standard treatment protocol and receive free access to the e-therapeutic platform. The control group will follow the standard treatment protocol and join a waiting list. Next step, based on case management methodology, includes a diverse set of resources, such as educational and motivational tools, self-monitoring, social support and interactive training modules. Intervention length will be 36 weeks (24 weeks of direct intervention with a follow-up of 12 weeks).

**Results:** The results will be presented according to the CONSORT (Consolidated Standards of Reporting Trials). The results will promote reflection on new approaches directed to treat adolescent obesity and to promote healthier behaviours.

**Conclusions:** We expect to gather empirical evidence of the intervention program effectiveness. The expectations lie on the population health gains, empowerment in decision making and adoption of healthier lifestyles.

## MEASURING ADHERENCE TO WEIGHT CONTROL IN ADOLESCENTS: DEVELOPMENT AND VALIDATION OF A SELF-REPORT QUESTIONNAIRE

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**Introduction:** Obese adolescents tend to poorly adhere to weight control measures. Valid measures of adherence are crucial to understand the processes leading to non-adherence and to identify effective strategies in addressing them. This study presents a preliminary validation of a self-reported questionnaire to measure

treatment adherence to weight control (TAWC) and the risk of non-adherence (RNAWC) in adolescents.

**Methods:** Participants (n = 93) were adolescents from the Paediatric Obesity Clinic at Hospital de Santa Maria, Lisbon (Portugal), aged between 12 and 18. The initial item pool of items was derived from the literature review (Nola Pender's Health Promotion Model), the content of the current existing questionnaires on health behaviours, and the results of an expert panel. The items were distributed across two dimensions: Treatment Adherence to Weight Control (TAWC) and Risk of Non-Adherence to Weight Control (RNAWC). The instrument's reliability was checked, calculating Cronbach's Alpha for the whole test as well as for each subscale. An exploratory factor analysis (EFA) was used to examine the factor structure of both scales.

**Results:** Both scales presented good reliability values (TAWC = 0.905; RNAWC scale = 0.774). Statistical analyses yielded a one-factor solution to RNAWC and a four-factor solution for TAWC (SEA- Self-Efficacy & Adherence behaviours; PPI- Parents & Providers Influence; FSI- Friends & School Influence; PB- Perceived benefits). Convergent and discriminant validity of TAWC and RNAWC were also checked.

**Conclusions:** Results showed that this measure of adherence to weight control has adequate psychometric properties, being an innovative and practical instrument to support investigation / clinical practice.

## ACCIDENTAL INTOXICATION IN CHILDREN: EVOLUTION THROUGHOUT THE YEARS

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**Introduction:** Accidental intoxication is still an important public health issue that represents a frequent cause of admission in the emergency department.

**Objectives:** To characterize the pattern of accidental intoxication in children admitted in CHTMAD's emergency department - Vila Real Unit, and to analyze its evolution throughout the years.

**Methods:** Retrospective analysis of clinical files of children under 10 years of age admitted in the emergency department between January 1st 2003 and December 31st 2012.

**Results:** During the study period there were 121 admissions: 58% male and 42% female. Most cases were verified in 2 years old children; and June was the month during which most cases occurred. The greatest number of cases was registered in 2012. Only 5 cases happened in a school environment. Prescription drugs and cleaning products were the main substances involved. Eleven children required referral to Pediatric Gastroenterology due to the need of upper gastrointestinal endoscopy. There were no late sequelae or deaths registered.

**Conclusions:** Our analysis has shown that accidental intoxication in children is still a frequent cause of admission in the emergency department and a significant cause of morbidity. Parental and home safety education is still a crucial factor in improving this reality.

## PREVALENCE OF HYPERTENSION AND AMONG SCHOOL-AGED CHILDREN AND YOUTH BASED ON PHYSICAL FITNESS AND BODY COMPOSITION

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**Introduction:** Schools have attracted attention for their potential role in the promotion of healthy behaviors.

**Objectives:** To analyse the relationship between physical fitness and body composition levels and blood pressure (BP) variations among school-aged children and youth.

**Methods:** Ninety-one students (49 males and 42 females) from two schools of the Northwest of Portugal aged from 12 to 13 years (n = 39), 14 to 16 years (n = 25), and 17 to 18 years (n = 27) voluntarily participated in a cross-sectional study. All were evaluated on systolic BP (SBP), diastolic BP (DBP), body mass index (BMI), waist circumference, body fat percentage, and five independent FITNESSGRAM® physical tests (shuttle-test, curl-ups, push-ups, shoulder-stretch, and sit-and-reach). Statistical associations were examined with chi-square test and stepwise multiple linear regression analysis.

**Results:** We reported high prevalence of hypertension (BP > 95th percentile) and pre-hypertension (BP 90th to < 95th percentile) in ages 12 to 13 years (41%), ages 14 to 16 years (36%), and ages 17 to 18 years (18.6%). There were significant associations between shoulder-stretch and SBP from 17 to 18 years (p = 0.012), and between BMI and SBP in ages 14 to 18 years (p < 0.05). Changes in SBP were related to curl-ups in ages 17 to 18 years (r<sup>2</sup> = 0.37), and to BMI in ages 14 to 16 years (r<sup>2</sup> = 0.29), and 17 to 18 years (r<sup>2</sup> = 0.34). Changes in DBP were related to BMI in ages 14 and 16 years (r<sup>2</sup> = 0.55), and 17 to 18 years (r<sup>2</sup> = 0.22).

**Conclusions:** Physical fitness levels exhibited a minor influence on BP; in contrast, high BMI is consistently associated with high BP in ages 14 through 18 years. Students between 12 and 18 years of age with low levels of physical activity are more likely to suffer from prehypertension and hypertension.

## THE HELP RELATIONSHIP IN PAEDIATRICS: PARENT'S PERSPECTIVE

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**Context:** Taking care in paediatrics is based on a very specific philosophy which privileges help Relationship. Knowing the perception that parents have on the Help Relationship set up by nurses on the paediatrics service is indispensable in the search for knowledge and to acquire the skills to establish a Help Relationship with the child/adolescent/family, based on regard, congruence and empathy.

**Objectives:** To evaluate the perspective of the children/adolescents' family on the role of Help Relationship with the nurses that take care of them; to verify the influence of sociodemographic variables in the parents' perception on the Help Relationship.

**Methods:** A study of quantitative, transversal, descriptive and co-relational nature, carried out in a non-probabilistic sample, formed by 203 parents that accompanied their children to the paediatrics service. The instrument for collecting data included a questionnaire for socio-demographic characterization of the sample and the Barrett-Lennard Interpersonal Relationships Inventory, version OS-40.

**Results:** Level of regard and unconditionality are perceived by mothers in a very positive way, whereas fathers value empathic understanding and congruence. Higher average scores were obtained by parents between the ages 29-35 in all dimensions, except for congruence. Parents living in urban areas got higher scores in what respects Help Relationship. In the newly-born unit higher average scores were observed in all dimensions and in the paediatrics unit the average scores were lower.

**Conclusions:** The parents of hospitalised children/adolescents have a positive perception on Help Relationship. Level of regard and empathic understanding got higher scores, followed by congruence and, with the lowest score, unconditionality.

## STRATEGIES/INTERVENTIONS OF SPECIALIST PEDIATRIC AND CHILD HEALTH NURSE AS HEALTH PROMOTER OF CHILDREN WITH DIABETES

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**Introduction:** The juvenile diabetes has great importance to public health, as it increases infant morbidity and mortality. Through stringent measures for intervention and prevention, based on health promotion, we can stop this increase.

**Objectives:** Describe empirical studies on nursing interventions for health promotion of children/adolescents with diabetes, that improve disease control and quality of life.

**Methods:** A systematic review was conducted. The research question and the definition of criteria for inclusion and exclusion of primary studies were based on the PICOS method. The research question was: Which are the strategies/interventions of the Specialist Pediatric and Child Health Nurse as health promoter of children/adolescents with Diabetes? The descriptors used: Child\* OR Adolescent, Diabetes, Family, nurse\*, health promotion OR nursing intervention OR nursing strategy OR health education. The data sources included bibliographic databases: PubMed, Medline, CINAHL and B-on, in the last 7 years.

**Results:** The search resulted in 184 studies, of which 6 matched the inclusion criteria. Interventions demonstrated results on glycemic control, reduction in HbA1c levels and/or improving the quality of life of children/adolescents: school visits, implementation of case management programs, interviews to groups of adolescents and especially the educational interventions, namely health education and teaching sessions in schools (healthy eating, physical exercise, self-management and general information of the disease and treatment).

**Conclusions:** The role of pediatric nurses in school intervention is very important. Overall, the described strategies include health education, contributing for improvement of eating habits and regular physical exercise, with positive results in health and in HbA1c levels.

## HEALTH EDUCATION THROUGH THE SMILING FOR HEALTH PROJECT: YOUTH NUTRITION AND ORAL CARE PRACTICES

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**Introduction:** The Health Education field extends beyond information (Oliveira, 2005). Thus, health education involves intervening and (re)thinking with others the best strategies for health promotion at various levels.

**Objectives:** To present the results of a preliminary diagnosis conducted by the Portuguese League of Social Prophylaxis, under the Smiling for Health Project, which is oriented to identify the eating and oral habits of 168 children aged between 9 and 16, living in the AMP geographical area. This study, that also includes the social-familiar background analysis, aims to contribute to a deeper understanding of children and adolescents primary health care practices' as well as it intends to reinforce more effective health education strategies based on multidisciplinary approaches.

**Methods:** The results were obtained by a diagnosis made by: i) share-action (performed in moments of pedagogical intervention), ii) medical observation (nutrition and oral health screenings) and iii) questionnaire on eating and oral hygiene habits'. Statistical analysis was performed using SPSS for Windows 19.

**Results:** The results revealed the high prevalence of overweight (43.6% between a shorter sample of 72 cases) and daily oral hygiene practices (83.3%), that promote health in most cases, despite the still significant weight percentage of children and adolescents without daily oral hygiene habits (16.1%) and the prevalence of oral problems (67.09%).

**Conclusions:** The study shows the need to rethink paradigms and to consolidate health education practices. It seems essential to support these practices on rights rather than on needs, which should reflect the shared investment of different public and political stakeholders in promoting the development of sustainable strategies.

## EDUCATION AND CARE IN SCHOOLED DIABETIC CHILDREN AND ADOLESCENTS

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**Introduction:** IDF and ISPAD report that education is the keystone for Diabetes care, and that structured diabetes self-management education is the key for a successful outcome.

**Objectives:** 1. To determine the socio-demographic and clinical data of diabetic children and relatives. 2. To collect information about the education and care of diabetes in children and adolescents.

**Methods:** Descriptive and correlated quantitative multicentre study with a non-probability convenience sample of 268 children and adolescents, from Portugal and Spain, attending primary and secondary schools. The evaluation protocol included a questionnaire of socio-demographic, family and clinical data and several questions about diabetes education, namely the opinion about an internet educational program.

**Results:** On average Portuguese diabetics were older than the Spanish with differences statistically insignificant. In both countries, males with diabetes diagnosed for longer than five years, are prevalent. Most of them did not use insulin pump and more than half of them did insulin self administration and practiced exercise. The educational process ranged from less than 1 day and 3 to 5 days. Doubts and difficulties focused on adherence to diet and insulin administration. They had a favourable opinion about the usefulness of an internet educational program to learn about diabetes. **Conclusions:** The results enhance the need to consider the improvement of children's knowledge and training for Health Promotion in general, and in Diabetes in particular. Thus, an educational program on the internet can be an important resource in this context.

## WAIST CIRCUMFERENCE TO DEFINE THINNESS, OVERWEIGHT AND OBESITY IN ADOLESCENTS: COMPARISON BETWEEN PERCENTILE CURVES

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**Introduction:** The selection of what would be normal weight can vary substantially between countries, and many countries have

their own growth charts. In 2012 was developed a percentile curves for waist circumference for Portuguese adolescents.

**Objectives:** This study compared the criteria classification for waist circumference curves established for Portuguese adolescents with abdominal percentile table for teenagers Americans and Europeans.

**Methods:** The sample consisted of 966 students the region of the Algarve, being 45.2% of masculine gender and 54.8% of gender females, aged between 10 and 16 years ( $12.2 \pm 1.5$ ). The values of waist circumference were related to waist circumference percentile table for Portuguese adolescents (Sardinha et al, 2012) and for European American adolescents (Fernández, 2004).

**Results:** The waist circumference classification of Sardinha and Fernández showed a prevalence of 24 (2.5%) and 18 (1.9%) students with thinness, 545 (56.4%) and 569 (58.9%) with normal weight, 182 (18.8%) and 223 (23.1%) with overweight and 215 (22.3%) and 156 (16.1%) with obesity, respectively. Of the 24 (100%) students with thinness classified by Sardinha's table 11 (45.8%) were classified as thin, 12 (50%) with normal weight and 1 (4.2%) with overweight by Fernández. Of the 182 (100%) students with overweight by Sardinha classification, 140 (76.9%) revealed overweight and 42 (23.1%) normal weight by Fernández table. Of the 215 (100%) students classified as obese by Sardinha's table, 152 (70.7%) showed obesity, 59 (27.4%) overweight and 4 (1.9%) normal weight ( $k = 0.732$ ;  $CI = 0.36-1.1$ ;  $p < 0.001$ ).

**Conclusions:** The new waist circumference reference data established for Portuguese adolescents have a good agreement with previously used in European and American population.

## THE RELATIONSHIP WITH THE AUTISTIC CHILD: COMPARISON BETWEEN THE CLASS TEACHER AND THE SUPPORT TEACHER'S PERCEPTIONS

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**Introduction:** Various studies show that a good teacher-child relationship promotes the child's emotional, social and cognitive development, especially in the early years of schooling for children with difficulties adjusting to school.

**Objectives:** The aim of this study is to investigate and compare the class teacher and the support teacher's perceptions of the relationship formed with pupils with autism spectrum disorders (ASD) attending infant school or the first three grades of primary school.

**Methods:** Fourteen classes were involved in the study. One child with autistic spectrum disorder was present in each class. For each class, four typically developing children were drawn, for a total of 56 pupils. For each class, two female teachers were involved: the regular class teacher and the support teacher. The relationships were investigated using the Student-Teacher Relationship Scale (Pianta, 2001).

**Results:** The class teachers' perception of relationship with ASD pupils and typically developing children is different. Relationships with ASD children are characterized by higher conflict levels ( $t = -3.317$ ;  $df = 14.931$ ;  $p < .01$ ) and lower closeness scores ( $t = 5.638$ ;  $df = 65$ ;  $p < .001$ ). Support teachers report higher levels of closeness and lower levels of conflict, if compared to their colleagues who work with the class group.

**Conclusions:** The results seem to underline a deeper sensitivity and attention by the support teacher towards children with ASD, if compared to the class teacher, who has to manage the whole group of children. The support teacher can favor the establishment of a more positive relationship with the curricular teacher and the other classmates, thus promoting the autistic child's well-being within the classroom.

## QUALITY OF LIFE OF SIBLINGS OF CHILDREN/ ADOLESCENTS WITH AUTISM

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**Background:** In a national context, studies conducted in the field of quality of life of siblings of children / adolescents with autism are scarce, which reinforces the relevance of new research in order to realize, on the one hand, what is the real impact it has on an autistic child within the family and, on the other, so that one can develop new strategies of action in order to mitigate these effects. In this assumption, the present study aims to: understand the quality of life of siblings of children/adolescents with autism and determine associations between sociodemographic, family and psychosocial variables and different areas of the same QoL.

**Methods:** This is a non-experimental, descriptive and cross-sectional study of a triangulated nature, attended by 68 siblings of people with autism enrolled in the APPDA-Viseu. For the variables measurement a questionnaire was used in order to collect information on sociodemographic data and a scale to assess quality of life in children and adolescents (Portuguese version of the Kid-screen instruments).

**Results:** Of the analysis made we concluded that the QoL of siblings of children/adolescents with autism is very satisfactory ( $M = 67.51$ ) for the majority, being the highest values linked to the dimensions, provocation, economic issues and general mood. In contrast the aspects most affected are the leisure time, friendships and school environment. We also verified that the global QoL is higher in boys between 7 and 12 years, attending the 1st and 2nd cycles of Education, whose knowledge was given by elements other than the parents and those who do not feel disadvantaged.

**Conclusions:** The evidence found in this study confirms the multiplicity of factors involved in QoL: they invite us still to reflect on new strategies that allow us to obtain a better understanding that facilitates the establishment of intervention programs, of training and information, aimed at promoting the quality of life of these subjects.

## FOOD HABITS OF ADOLESCENTS

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Aiming to evaluate the prevalence of obesity and get acquaintance with the food habits of adolescents in 2 secondary schools of Bragança, and to analyse the differences in food habits between obese and non obese.

**Methods:** We developed a descriptive and cross-sectional study in a sample of 281 adolescents.

**Results:** 68.30% of the adolescents have normal weight (BMI < percentile 85), 24.9% have excess of weight (BMI percentile > 85 < 95) and 6.8% are obese (BMI > percentile 95). Results show that most of the adolescents have few meals in a day, have consumption of fat rich products (chips 9 and carbohydrates and they mainly have their meals at home or at the canteen. The family is who most influences their food, while the influence of health professional (nurse or doctor) has less expression. The majority of the teens, 70.46% considers itself as normal weighted, 18.86% think they are fat and 10.68% think themselves as being thin. Results also show that 53.93% of the adolescents with excess of weight or obese, think themselves as being normal; 44.94% say that they are fat and 1.12% say that they are thin. The ones who are non obese,

78.13% consider themselves as normal, 15.10% think they are thin and 6.77% think they are fat.

**Conclusions:** We concluded that more actions in education for health and intervention in this group of population is needed.

### RISK BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

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**Background:** During the transition from childhood to adulthood, adolescents establish patterns of behaviour and make lifestyle choices that affect both their current and future health.

**Objectives:** The objective of this study was to determine the prevalence of risk behaviours in a sample of adolescents.

**Participants and methods:** A sample of 309 adolescents (66.9% female gender) aged 12 to 19 years old, attending a public school in Sátão, Portugal, was enrolled in this cross-sectional study. A self-administered questionnaire with questions about adolescent socio-economic status and risk behaviours was answered by adolescents in the classroom. Prevalence was expressed in proportions and compared by the Chi-square test.

**Results:** The prevalence of affirmative response to the question "Do you consume alcoholic beverages?" was 36.9%, higher among the male (42.1% vs 34.2%,  $p < 0.01$ ). The prevalence of consumption of sugary beverages was 89.9%. The prevalence of smoking habits among adolescents was 32.6%. Forty-four point three percent refer not eating vegetables daily, while 34.7% do not eat fruit daily. When assessing physical exercise, 53.6% of the adolescents refer no sports practice, higher among the female gender (70.5% vs 34.6%,  $p < 0.001$ ). The prevalence of insomnia was 18.6%, lower in adolescents under 16 years old ( $p = 0.04$ ). The prevalence of difficulty initiating sleep, difficulty maintaining sleep, early morning awakening with difficulty getting back to sleep, non-restorative sleep was 9.7%, 4.3%, 4.0% and 7.0%, respectively.

**Conclusions:** We found a high prevalence of risk behaviours among adolescents. Health promotion behaviours should be considered in school programs in order to decrease the risk of development of diseases during adolescence and adulthood.

### SOCIAL ANXIETY IN ADOLESCENCE: PREVALENCE AND IMPACT

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**Introduction:** The nature of social phobia (SP) makes it difficult for adolescents and their caretakers to seek professional help, therefore leaving them unnoticed and unattended. Few studies in Portugal have addressed the prevalence and impact of high social anxiety (SA) in adolescents.

**Aims:** This study aimed to address the prevalence of high SA in an adolescent community sample (CS) and the impact and comorbidity in adolescents with high SA in a CS and clinical sample.

**Methods:** Prevalence rates were calculated using progressively more restrictive and cumulative criteria based on social anxiety, avoidance and disability in a sample of 1.154 portuguese adolescents of the general population (Age:  $M = 15.73$ ;  $DP = 1.32$ ). Adolescents with SP ( $N = 37$ ) and adolescents with other anxiety

disorders (OAD) ( $N = 25$ ) were compared. All subjects completed measures of social anxiety and avoidance (SAASA), disability (SDS), and depression (CDI). Adolescents with SP and ODA were also assessed for quality of life (QL) (KidScreen-27), comorbidity (ADIS-C), and interference perceived by the parents (SDS-P).

**Results:** In the CS, 13.2% presented significant levels of SA; 8.8% also showed significant social avoidance; 6.6% fulfilled the two previous criteria and also reported significant disability, 74% of which presented significant depressive symptomatology. Compared with OAD, adolescents with SP reported significantly lower QL, significant impairment in social and academic performance due to SA, and higher comorbidity. Interestingly, parents and adolescents agreement on SA interference was low to very low.

**Conclusions:** SP is a high prevalent disorder in adolescence and its impact is significantly higher than that of OAD. Despite its tendency to go unnoticed, it should deserve our full attention.

### I KNOW, SO I DO! RELATIONSHIP BETWEEN LITERACY AND METABOLIC CONTROL IN PATIENTS WITH TYPE I DIABETES

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**Introduction:** Type 1 diabetes is a highly prevalent chronic disease with a complex daily management. Patient understanding and participation is vital in the treatment of diabetes, as blood glucose levels change and must be monitored throughout the day. In a disease like the type 1 diabetes, whose treatment requires the individual to gain a variety of self-management behaviours and the ability to perform calculations, essential in the determination of insulin, numeracy levels are decisive for the success of therapies and metabolic control (White, Wolff, Cavanaugh, & Rothman, 2010).

**Objectives:** Assess the relationship between health literacy and metabolic control in patients with type 1 diabetes.

**Methods:** This is a quantitative descriptive and correlated study with a non-probability convenience sample of 61 patients with type 1 diabetes. The evaluation protocol includes sociodemographic and clinical questionnaire and the test Newets Vital Sign (Santos, 2007).

**Results:** We found that the health literacy influences significantly the metabolic control ( $p = 0.000$ ) and that 44.3% of the diabetic patients had low levels of health literacy.

**Conclusions:** The results enhance the need to consider the health literacy in the study of the adherence to the treatment. Chronic illness presumes specific experience, in that it does not disable but requires daily health care because of the incapacity it may cause. The individual cannot get rid of the illness and its existence, being left with the agency, which is represented in various strategies to integrate the chronic illness in his daily life.

### THE ITALIAN SITUATION OF OVERWEIGHT AND OBESITY IN CHILDHOOD: A PROBLEM WITH EPIDEMIC PROPORTIONS IN THE WORLD

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**Introduction:** The epidemic of obesity and overweight are two of the greatest challenges of the 21st century.

**Objectives:** The aim of the study was to investigate the situation of the problem of obesity and overweight in 8-9 years old Italian children.



**Methods:** Using data of the surveillance system OKkio alla SALUTE that is part of the WHO European Childhood Obesity Surveillance Initiative we compared the situation of childhood obesity and overweight among third-grade school-children between 2008 and 2010 in the Italian regions.

**Results:** In 2010 the prevalence of overweight and obesity were less than in 2008 but over 30% (22.9% obesity and 11.1% overweight). A great interregional variability were in place among the regions and higher prevalence were in the Center and South of Italy. Both for obesity and overweight Campania Region had higher percentage (20.5% obesity and 27.9% overweight). With respect to 2008, in 2010 each Northern and Center region, except in Veneto (+6.5%), registered a decrease of levels of overweight while in Southern region except in Sicilia (-4.1%) the rate was rising. Considering the difference in the prevalence of obesity in the same years (2008-2010), there was a reduction in all Southern regions except Basilicata and Sardinia but the levels were higher than in the North.

**Conclusions:** The prevalence of overweight and obesity were too much high in Italy. A fundamental policy shift is required to widen responsibilities to improve the prevention of such problems through a change in lifestyle (i.e diet and physical activity).

## TEEN DATING VIOLENCE: PREVALENCE AND HEALTH IMPAIRMENT

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**Introduction:** Teen dating violence (TDV) is defined as a pattern of actual or threatened acts of physical, sexual, and/or emotional abuse, perpetrated by an adolescent (between the ages of 13 and 18) against a current or former dating partner. TDV can cause short or long term health impairments and increases the risk to be victimised by intimate partner violence in adulthood.

**Objectives:** To give an overview on prevalence and health impacts of TDV in and outside Europe.

**Methods:** In 2012, a literature search was conducted in EMBASE (incl. MEDLINE), CINAHL, PsycINFO, SSCI and The Cochrane Library to find publications focused on prevalence and/or health consequences of TDV. Terms for TDV, prevalence, measurement instruments, and health consequences were used. Additional literature was found via internet. Studies were included, if written in English or German language and covered the group between 12 and 18 years of age.

**Results:** In total 798 publications were found. Title and abstracts were screened for relevant studies. 27 studies on prevalence and health impacts of TDV could be included. Of these studies, 2 were reviews, 5 analysed TDV in Europe and 20 studies came from outside Europe. In Europe, estimated prevalence for physical violence ranged between 18 to 25%, for psychological violence between 51 to 72% and for sexual violence between 16 to 31%. Outside Europe, physical violence was estimated between 9 to 55%, psychological violence between 19-89% and sexual violence between 4 to 46%. Health consequences of TDV included injuries, haematomas, bruises, fractures, increased substance use, unhealthy weight control, sexual risk behaviour, STD, unwanted pregnancy, school problems, low self-esteem, negative self-perception, low social competency, depression, anxiety, PTSD and suicidality.

**Conclusions:** Due to different study designs, definitions, age groups and measurement instruments, prevalence numbers show a wide range and cannot be compared. A consistent approach could insure comparability. Further studies are needed to reveal the great impairment. TDV is a widespread and serious Public Health problem calling for comprehensive prevention.

## PREVALENCE OF LATENT TUBERCULOSIS INFECTION IN A PEDIATRIC POPULATION IN CONTACT WITH HIGH-RISK ADULTS

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**Introduction:** Tuberculosis is a serious public health problem. In the pediatric group measures and control policies of infection have been limited by the difficulty in diagnosis and in the absence of a consensual definition.

**Objectives:** To determine the prevalence of latent tuberculosis infection (LTI) in people who contacts with tuberculosis patients.

**Methods:** It is a retrospective, descriptive and cross study to patients followed in Center Pneumologic-Viseu in the program "Following people who contacts with tuberculosis patients". The study sample consisted of 77 individuals with 0 to 18 years-old (exclusive) from 2010 to 2012 who were in contact with pulmonary tuberculosis patients. To collect data were analyzed all records computerized. The majority (54%) were male, mean age of 9.25 years  $\pm$  4.95 years. The males' age were superior than the females (10.0 vs 8.31;  $t = 1.567$ ,  $p = 0.121$ ). The majority (62.2%) belonged to the age group of 5-15 years and 23.2% to 1-4 years. 97.4% were Portuguese. As for the relationship with the index case, 59.7% were relatives and 32.5% lived with the patient. Of the 77 individuals only 5.2% had symptoms (cough and phlegm) and 2.6% had comorbidities (asthma). Disadvantaged socio-economic conditions were registered in 14.3%. We used the chi-square test in SPSS 20.0.

**Results:** 24.7% did Interferon Gamma Release Assays (IGRA), which was positive in 84.2% (16 cases). 24.7% did chemoprophylaxis and 26.3% stopped this treatment. We found a relationship between socio-economic disadvantage and positive Quantiferon ( $p = 0.047$ ). The IGRA had a sensitivity of 100% and specificity of 75% with an accuracy of 94.7% ( $K = 0.826$ ;  $p = 0.00$ ).

**Conclusions:** IGRA tests are a first breakthrough in search of better diagnostic tests representing a more effective control of the disease.

## ALCOHOL CONSUMPTION IN 12 TO 21 YEAR OLD STUDENTS IN BEJA DISTRICT

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**Introduction:** Alcohol is the most consumed controlled substance by young people. According to the ESPAD (2011) report, 87% of students had already consumed alcohol during their life span, and 81% of students consider being easy or even very easy to obtain alcoholic beverages, mainly consuming beer and distilled beverages. Nearly half of the young people drank to inebriation having a tendency to binge drink.

**Methods:** This is a quantitative study. The objective is to categorize some alcohol drinking habits of students between ages 12 and 21 years old, from the District of Beja (Portugal). Information was gathered via a questionnaire created for that purpose and validated by external experts and pilot testing. 501 questionnaires were validated from 8 schools. Data analysis in SPSS includes central tendency, dispersion and association methods.

**Results:** Issues were analyzed in two dimensions: socio-economic and consumer habits. About 93% of students have already consumed

alcohol having initiated that consumption between ages 12 and 13. Most students consumed their last drink in the previous week being their preference beer and white spirits. Although most of the students never been inebriated, that number decreases from 9<sup>th</sup> to 12<sup>th</sup> grades. From those who got inebriated, most of them did so less than 12 times a year, becoming joyful, euphoric, disinhibited and excited. Most young people do not binge drink. Cigarettes and cannabis are other controlled substances consumed while drinking. **Conclusions:** The prevalence of alcohol consumption, of inebriation and other controlled substances abuses increases with age and is more frequent in boys, the gender difference being dissipated with increasing age. Girls prefer to consume spirits and boys beer.

### ASSERTIVENESS IN PORTUGUESE LATE ADOLESCENTS: COGNITIVE, EMOTIONAL AND BEHAVIORAL LEVELS

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Assertiveness may be particularly important in adolescence, by helping adolescents to better cope with psychosocial and developmental demands they typically face. Nevertheless, the assertive skills of late adolescents and the understanding of their practice have not been addressed in recent literature. This work intends to describe late adolescents' self-reported assertive cognition, distress and behavior. A sample of 679 late adolescent boys and girls (mean age of 16.68 years old) was evaluated, using the Scale for Interpersonal Behavior and the Assertive Interpersonal Schema Questionnaire. Girls and students with higher educational and socioeconomic status endorsed higher levels of assertive beliefs and performance. Girls also endorsed higher assertive distress, making them anxious assertive performers. Assertive training guidelines must consider that different groups of adolescents may need different intervention components; for instance, while behavioral practice may be more suited for boys, relaxation techniques may be more helpful for girls. This adapted interventions will better contribute to promote assertive skills and make it propitious to the adolescents' psychosocial development and health.

### A FOLLOWUP STUDY OF EARLY CHILDHOOD DEPRESSION

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**Introduction:** Clinical experience has shown that toddlers and preschoolers develop depressive disorders. To date, systematic research on clinical depression in early childhood has been very limited, and so has the literature on the future impact of this disease at an early age. Longitudinal followup studies are important to clarify if there is a continuity between these and the later forms of depression in latency and adolescence, in order to substantiate the need for early intervention programs.

**Objectives:** 1. To characterize the population of children observed from 2000 to 2005 in the Hospital Dona Estefânia's Infant Mental Health Unit (UPI) with the diagnosis of Early Childhood Depression. 2. To assess these children's current situation, five to ten years after diagnosis and therapeutic intervention. 3. To assess the carers' degree of satisfaction regarding both service and intervention at UPI.

**Methods:** We selected the population of children observed in first consultation between January 2000 and December 2005 at UPI with a diagnosis of Depression according to the diagnostic classification system DC: 03. The demographic and clinical characterization

was carried out by consultation of the relevant medical records in the UPI's database and archive. To evaluate the current clinical status and functioning of children, an adapted semistructured questionnaire was designed as a followup form, which was completed by telephone interview with the main caregivers.

**Results and conclusions:** 1. There was a predominance of male children and in the second year of life, as in UPI's global clinical population; therapeutic consultation was the most common treatment option. 2. Half of the caregivers expressed concern about the daily functioning (mild to moderate difficulties, predominantly at school). However, most children were described as being currently improved in all areas. This can be a positive effect of early intervention in a critical period, although it may also be due to other factors not evaluated in this study. 3. All caregivers expressed satisfaction regarding UPI's service, which can be attributed to the characteristic type of intervention in this Unit, of close partnership between professionals and families.

### NONSUICIDAL SELF INJURY IN ADOLESCENTS: A CLINICAL SAMPLE

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**Introduction:** Suicide is the second external cause of death in teenagers in Portugal. Nonsuicidal selfinjury (NSSI) is an important risk factor, since it means crossing the line between ideation and suicidal acts. There are several types of NSSI. Most of them are impulsive acts, triggered by relational problems and often associated to Axis I diagnosis (DSMIVTR). The importance of the contagion effect among teenagers has been studied, given the frequent social sharing of this experience. Since adolescents have high rates of selfinjurious behavior and thoughts, characterization of NSSI is essential in the assessment of suicide risk in this group.

**Objectives:** To characterize a sample of adolescents with NSSI, observed in Hospital Dona Estefânia's outpatient service, in terms of demographic data, risk factors, call for help, type of NSSI and online sharing of these behaviors.

**Methods:** Literature review, selection of variables, clinical files review for data collection and statistical treatment (SPSS).

**Results:** There was a predominance of females, under 15 years old, from reconstituted families. Depression is the most common diagnosis in adolescents and parents. Cluster B personality traits were common. Selfinjuries were mainly selfinflicted cuts, as a form of relief, premeditated, triggered by family problems, and without any call for help. The mean time between the beginning of NSSI and the first psychiatric assessment was 6 months, and current or previous exposure to these behaviors was common.

**Conclusions:** The profile of the teenager with NSSI in our outpatient service is a girl under the age of 15, from a reconstituted family, with depressive disorder and Cluster B personality traits, with selfinflicted cuts as a form of relief, triggered by family conflicts. Search for mental health services is a family decision and does not correspond to a request from the adolescent.

### EARLY ACCESS TO THE INTEGRATED EMERGENCY MEDICAL SYSTEM: A STUDY WITH CHILDREN 6-12 YEARS OLD

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**Introduction:** One of the most incriminating in human life is the occurrence of an unexpected cardiac arrest. Despite advances in the field of cardiopulmonary resuscitation, the risk of death remains between 50-80% (Buist et al, 2002). The increased survival rate of a patient in cardiac arrest depends on the timing of the start, the local maneuvers Basic Life Support, until the arrival of rescue more differentiated. Early access to the Integrated Emergency Medical System (IEMS) is therefore a decisive stage.

**Methods:** This study sought to understand the ability of children 6-10 years old: recognizing a person unresponsive to stimuli and unventilated; accurately identify their place of residence; indicate the national emergency number. The research was conducted in a group of schools in the district of Portalegre (Portugal), students in 9 classes from basic education, a total of 122 students. For data collection we designed a questionnaire, applied in between 11 and 15 June 2012.

**Results:** The results point to an illiteracy on evaluative component in response to stimuli and ventilation presence. Most students reveal not able to distinguish whether it is the presence of a sleeping person or someone who does not ventilate. Students participating in the study, mostly, do not know their full address. The national emergency number is unknown by most students.

**Conclusions:** These results show the urgent need to empower students ages these skills to the drive level of IEMS and early recognition of unconsciousness and lack of ventilation person. It is suggested, accordingly, that teachers are adequately prepared to train students in these skills, decisive to increase survival rates in the event of cardiac arrest.

## CARDIOVASCULAR RISK FACTORS IN ADOLESCENT STUDENTS

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**Introduction:** Cardiovascular diseases are the leading cause of death and morbidity in the Western world. The risk factors of these diseases are identified, but the monitoring thereof in adolescence is still very scarce. In this context, the main objective of the study is to assess the prevalence of cardiovascular risk factors and to determine the relationship between socio-demographic and family and cardiovascular risk.

**Method:** Are participated 305 Portuguese adolescents, with a mean age of 15.38 years. The measurement of anthropometric and clinical indicators was performed with validated instruments to measure and measured.

**Results:** 61.8% of students recognized that the add salt to food after the cooking process; almost half of the adolescents have incorrect eating habits; more than half of the adolescents have high levels of physical exercise; more than half of the respondents have already smoked, of this half, almost one third of them smoke regularly; the girls present higher levels of stress (related to school evaluations and familiar relationships); the blood glucose and cholesterolemia is normal in practically every student in the sample; the cardiovascular risk is greater when progenitor's have a lower level of education and when the adolescents live with family members that don't practice sports.

**Conclusions:** These results unequivocally present the necessity of educational and health professionals to involve themselves and promote a healthy lifestyle. The health practitioners should use infantile and juvenile health centers to sensitize parents with the factors of cardiovascular risk and elucidate them with how to minimize these factors. A periodic evaluation of modifiable risks should be controlled, indicating bio-metric and clinical vigilance.

## 2. SEXUAL AND REPRODUCTIVE HEALTH – EDUCATION POLICIES ON SEXUALITY AND SEX EDUCATION

### GENDER DIFFERENCES IN ASSOCIATIONS OF SCHOOL CONNECTEDNESS WITH ADOLESCENT SEXUAL RISK-TAKING IN NOVA SCOTIA, CANADA

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**Introduction:** Associations of lower school connectedness have been seen with adolescent sexual risk behaviours, but not much is known about gender differences with respect to these associations.

**Objectives:** To examine association of an established measure of school connectedness with a range of sexual risk behaviours separately by gender in high school students in Nova Scotia, Canada.

**Methods:** We used provincially representative data collected cross sectionally from 1415 sexually active Nova Scotia students in grades 10 to 12 to determine whether lower school connectedness was associated with lack of condom use at last vaginal intercourse, multiple partners over the past year, having unplanned vaginal sex while intoxicated over the past year, and for females, not having effective contraception at last intercourse.

**Results:** In males lower school connectedness was significantly associated with two sexual risk behaviours - having two or more sexual partners in the previous year (OR 1.07; 95% CI 1.01-1.13) and having unplanned intercourse due to substance use (OR 1.08; 95% CI 1.02-1.15). No associations of lower school connectedness and sexual risk behaviours were seen in females.

**Conclusions:** These results further understanding of the role of school connectedness in adolescent sexual risk behaviours, demonstrating that gender differences exist: school connectedness may be a more important construct for boys than for girls in this area of adolescent health. These findings should lead educators to consider such factors when designing interventions meant to maximize youth sexual health through school based interventions.

### INTELLECTUAL DISABILITY AND THE LEVEL OF KNOWLEDGE ON SEXUALITY

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Sexuality plays an important role in the lives of individuals. There are several references in the literature that this issue should be worked within the Health Psychology. This study aimed to analyze the knowledge of individuals with Intellectual Disability in the context of sexuality and compare it with the knowledge of a normative sample of individuals. The sample consisted of 63 participants (N = 63), 30 subjects with Intellectual Disability with an average age equal to 26.47 years (SD = 11.107) and 33 normative subjects students with an average age equal to 21.67 years (SD = 6.840). The instrument used was a Sexuality Knowledge of Sexuality Questionnaire (QCS, adapted from Nabal & Sanchez, 2008). The results have demonstrated that the sample of individuals with Intellectual Disability have a lower level of knowledge than individuals with a normative sexual education. It was further observed that the sexual gender of the participants

in the two groups is not associated with a higher or lower level of knowledge, as well as the participants' age and religion, the educational attainment of parents, or the current absence of a partner and the fact that they have attended some form of training in sex education. The study also concluded that, in this sample, there are no more cases of sexual abuse than in the normative population and it shows no increased frequency of masturbatory behavior or lesser frequency in sexual relations with penetration. It was also found that individuals with Intellectual Disability using regular methods of contraceptives, such as the normative population. The study allowed forward with some suggestions for future research, including outline a comprehensive program of training in sexual education.

### THE IMPACT OF A SEX EDUCATION PROGRAM FOR STUDENTS OF 2<sup>ND</sup> AND 3<sup>RD</sup> CYCLE OF BASIC EDUCATION

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**Introduction:** This research aims to identify the needs of students of basic education on sexuality and sex education (SE) and, from these, to develop their skills in order to promote a healthy sexuality.

**Methods:** To understand the students' conceptions and needs concerned with human sexuality and SE, we developed a questionnaire for the second and the third cycle of basic education students attending an Oporto school. Questionnaire was filled in online by 397 students (192 females and 205 males). The data obtained were taken into account when developing a SE program applied to 6th, 7th, 8th and 9th grade students, by the school teachers. After the program we applied a questionnaire, which was filled in on paper by 112 students (60 females and 52 males), in order to ascertain the changes occurred. Both questionnaire results were processed with SPSS statistical program.

**Results:** About 47% of the students acquired a comprehensive concept of sexuality, against the 43.1% that in the diagnoses phase only considered the biologic dimension of sexuality. The intervention students revealed more knowledge about reproduction, sexually transmitted infections, contraception, pregnancy and hygiene. Students who participated in SE activities agreed more than those in the diagnose phase that school is a place where they could clarify doubts about sexuality and that teachers were able to clarify them. These students also agreed more that they wanted to participate in more SE activities. Students who participated in the evaluation phase also considered more that SE has an important role in the children and adolescents development.

**Conclusions:** A SE intervention that considers the needs of their target audience has a greater probability of effectiveness.

### THE UNIVERSITY STUDENTS' KNOWLEDGE OF MASTER'S DEGREES IN TEACHING AND IN EDUCATION ABOUT (HOMO)SEXUALITY

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**Introduction:** It is argued that knowledge about sexuality and sexual diversity is socio-historically constructed, and social institutions, while agents of sociocultural reproduction, should contribute to spread an adequate knowledge regarding these dimensions of human health and human rights and to construct a society stripped of sexual prejudice.

**Objectives:** To identify the level of knowledge about (homo) sexuality of university students of master's degrees in Arts and in Education.

**Methods:** It was applied to university students of master's degrees in Arts and in Education (N = 320), the anonymous questionnaire of Alderson (Alderson, Orzeck, & McEwen, 2009) that includes twenty-four true/false items measuring general knowledge about sexuality and sexual orientation, relationships and behaviours of homosexual individuals, and practices in relation to homosexuality.

**Results:** Despite the limitations of this study, for example, some participants may have been more susceptible to responding to certain items based on political correctness, the results supported our overall hypothesis that the majority of these university students have low levels of knowledge about sexuality and homosexuality. **Conclusions:** Therefore assuming that university students will be future agents of development and change, this study shows that is crucial to implement sexuality education and sexual diversity in the curriculum of the master's degrees in Arts and in Education to construct a society increasingly enriched and informed that safeguards sexual diversity. So we should invest in a culture of active citizenship and belief in the value of reflective and emancipatory dialogue, in order to build healthy coexistence environments and minimizing the homo-negativity.

### BASED-SCHOOL SEX EDUCATION IN PORTUGAL: A DOCUMENT ANALYSIS

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**Introduction:** The latest Portuguese legislation on sex education was published in 2009. However, there is few information about the effectiveness of this law and the current implementation of based-school sex education.

**Objectives:** The main goals of this paper are to analyze the implementation of sex education in Portuguese schools, three years after the newest law, to make the access to this information easier and thus to contribute to the study of the best strategies to actually carry out school-based sex education.

**Methods:** We conducted a qualitative study and 89 documents about based-school sex education implementation between seventh and ninth grades were analyzed by two coders.

**Results:** The categories with the highest frequency were teaching methods, partnerships, and curriculum contents; and those with the lowest were needs assessment, theoretical framework, and training.

**Conclusions:** The results confirm part of previous data and show that there is a common way to implement sex education in Portuguese schools, though the variability of the documents. The paper discusses the results accounted the current law and the features of sex education models, presenting suggestions to lessen the difficulties and hindrances.

### THE INFLUENCE OF THE MEDIA IN SEXUAL ATTITUDES AND BEHAVIORS OF UNIVERSITY STUDENTS

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**Introduction:** It's beyond question the relevant role that the media has in people's everyday life, when promoting and spreading

ideas and values in the contemporary society. Sexuality has been a frequently discussed subject though all the media. Considered a human being fundamental right, sexuality is seen as an important component of individual's health and well being. Several authors state that the media influences young people's sexuality, mainly regarding sexual behavior, attitudes, values and beliefs.

**Objectives:** To analyze the influence of the media in young people's sexual behavior and attitudes is the main objective of this investigation.

**Methods:** It focuses on a descriptive and correlational study, using a questionnaire applied to 128 university students.

**Results:** The internet is the media that young people use most in your daily life (68.1%) and is the most used to search for information related to sexuality. We found that the different media does not influence significantly neither the knowledge nor the attitude towards contraception, nor the behavior or sexual attitudes of the studied university students. Statistically significant differences were obtained with regard to the genders, in respect of sexual behaviors and attitudes ( $p = 0.000$ ). It is women who behave and show more positive sexual attitudes ( $M = 40.22$ ) than men ( $M = 31.28$ ).

**Conclusions:** The different media, including the internet, does not influence neither the knowledge nor the attitude towards contraception, nor the behavior or sexual attitudes of the studied university students. We can state that a double standard remains, which reveals the inequality in sexual behaviour that continues to determine the relations between genders.

#### FATHER - BABY DYAD: EMOTIONAL INVOLVEMENT AND FATHERLY STRESS

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**Introduction:** The parents' process of emotional involvement with the baby is established during pregnancy and it is intensified after the birth. The transition to parenthood implies a family adaptation and it is a situation which may induce stress.

**Objectives:** To analyze the influence of socio-demographic, obstetric, pregnancy involvement, labor and childbirth variables and stress vulnerability in establishing the bond between the father and the baby.

**Methods:** Quantitative study, transversal, descriptive-correlational, carried through in a non-probabilistic sample, constituted by 349 fathers. The evaluation protocol is the questionnaire and it allows the socio-demographic and obstetric characterization and the father involvement, the Bonding Scale (Figueiredo et al, 2005) and the Vulnerability to Stress Scale-23 QVS (Vaz Serra, 2000), applied up to 48 hours after childbirth.

**Results:** The younger participants, with a lower studies level and first time parents and pregnancy involved show a higher level of "positive bonding". The labors' follow up shows higher levels of "bonding not clear". In the regression analysis between the vulnerability to stress factors and the bonding subscales, one realizes that the inhibition and functional dependency is the only vulnerability to stress factor predictor of "total bonding", establishing a very low and negative association ( $r = -0.130$  e  $p = 0.015$ ).

**Conclusions:** Bonding is a complex process influenced by the father characteristics', the context where he is inserted and the involvement level during pregnancy and childbirth. It becomes relevant that health care professionals encourage the emotional involvement between the father and the baby and also to early detect the vulnerability to stress.

#### INFLUENCE OF PERSONALITY AND PARENTAL ATTITUDES IN THE SEXUAL ATTITUDES OF ADOLESCENTS

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**Introduction:** Adolescence is a period of physical, emotional and cognitive development, frequently marked by the existence of opportunities and vulnerabilities. In the last years, we have watched a strong investment in sexual education.

**Objectives:** Analyze if sexual attitudes influence individual and familiar variables, aspects of personality and the perception of parental attitudes.

**Methods:** Transversal, descriptive-correlational study. The sample used was non probabilistic, intentional and of convenience and consisted of 628 students. The instruments used for the data gathering were an individual variables questionnaire; Psychosexual inventory (Snyder, Simpson e Gangestad, 1986); Personality Inventory (Eysenck & Eysenck, 1964); Juvenile Perception Inventory (Fleming, 1996).

**Results:** There is a relation between sexual attitudes and having sexual relations and with who the first sexual relation was ( $p < 0.001$ ). In what concerns the use of contraceptive there is a statistical difference between sexual attitudes ( $p = 0.002$ ). The study of correlation between sexual attitudes and personality characteristics reveals that sexual attitudes appear positively correlated with extroversion ( $r = 0.331$ ;  $p < 0.001$ ) and negatively correlated with neuroticism ( $r = -0.102$ ;  $p = 0.015$ ). Between sexual attitudes and parent-children relation there is a positive correlation with autonomy ( $r = 0.173$ ;  $p < 0.001$ ), control ( $r = 0.013$ ;  $p < 0.001$ ) and hostility ( $r = 0.124$ ;  $p = 0.005$ ).

**Conclusions:** Considering that the beginning of sexual activity should happen in an informed way, a greater intervention at family and school level is of most importance, and it can be done through peer formation or through opportunities that appear for sexual education.

#### ATTITUDES OF PREGNANT WOMEN FACING THE TERMINATION OF PREGNANCY (TOP) DUE TO FETAL MALFORMATION

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**Introduction:** The possibility of a genetic disease or fetal malformation is similar in all developed countries, but both access to healthcare that enables the diagnosis and the legal framework that allows the termination of pregnancy are quite different.

**Objectives:** We intend to verify whether a relationship exists between the sociodemographic and psychological context and the attitudes of pregnant women facing the possibility of TOP for fetal malformation.

**Methods:** We conducted a crosssectional study, quantitative, correlational, accomplished by applying a questionnaire to 145 pregnant women awaiting routine ultrasound during pregnancy.

**Results:** The mean age is 29.22 years, 97.9% of women were Portuguese, and 78.6% were employed, 77.9% planned their pregnancy, 61.4% were primiparas and 77.2% did not have a history of pregnancy interruption. The mean total self-concept of the sample was normal; two-thirds of the sample was not vulnerable to stress. Most respondents had a highly functional family. In our

study, 41.38% had an unfavourable attitude to the TOP for foetal malformation, 19.31% had a favourable attitude and 39.31% a very positive attitude. Psychological maturity, family Apgar score and lack of social support were attitude predictors on the face of TOP associated with “due to personal and social reasons”; Age and acceptance / rejection were predictors of the social attitudes on the face of TOP with “foetal reasons”; Family Apgar score and psychological maturity were predictors of attitudes on a global basis. Attitudes of pregnant women were also influenced by employment status.

**Conclusions:** Attitudes are influenced by the professional status of women, psychological maturity, and Apgar score family are facts to consider as part of antenatal surveillance.

### THE USE OF EMERGENCY CONTRACEPTION IN ADOLESCENCE: BIRTH CONTROL MEASURES AFTER A SEXUAL EXPERIENCE?

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**Introduction:** Prevention of unwanted pregnancies and STDs are key areas in sexual education intervention. Although Portuguese adolescents and young adults reveal having knowledge about prevention, there is an abusive use of emergency contraception in their sexual habits (EC).

**Objectives:** Understanding the significance that adolescents and young adults attribute to EC.

**Methods:** This is a phenomenological study with semi-structured interviews of 23 girls, between 15 to 24 years old, clients of a Support Office for Youth Sexuality of the Portuguese Youth Institute, between February and March 2007, using the Phenomenological Analysis of Max Van Manen.

**Results:** “EC as an option for unwanted pregnancies” emerged in the categories: reasons for using EC and the significance young adults attribute to the use of EC. Reasons which lead the participants to resort to EC were: becoming panicked, feeling the pill was unreliable, not having used a condom or there having a problem with the condom. The significance attributed included: the possibility of using EC once again, believing that they would never need to use it again, believing that it was a good albeit expensive method and there may be health risks which is why it should be used as a last resort. They believe the widespread awareness, commonality and inadequate use of EC is due to the anonymity in the acquisition and its self-administration.

**Conclusions:** These adolescents and young adults resorted to EC in extreme circumstances, subjecting themselves to their risks, due to fear of an unwanted pregnancy and the misuse of contraceptives. So great is this fear that STDs have become a secondary concern.

### THE NEEDS OF YOUNG PEOPLE IN SEX EDUCATION: ANSWERS AND INCAPACITIES OF FAMILIES, SCHOOLS AND HEALTH SERVICES

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**Introduction:** The empowerment of young people in having a responsible, safe and happy sexuality requires early and effective intervention.

**Objectives:** Unravelling the difficulties and concerns of young people in experiencing their sexuality.

**Methods:** Phenomenological study, with semi-structured interviews given to 23 young women between 15 and 24 years old, clients of the Department of Sexuality Youth Support of the Portuguese Youth Institute, between February and March 2007, and the use of the Max Van Manen Phenomenological Analysis.

**Results:** The topic, training and education on sexuality emerged in the categories: ways of obtaining information, meanings attributed to the attitude of parents, constraints to providing education/training on sexuality, taking responsibility in the experience of sexuality and strategies to improve education on sexuality. These young adults expressed the constraints between parents and children and vice versa in ambiguous and incoherent speeches, omissions, contradictions and half-truths given by both sides, difficulties in the school educating as they avoid the subject, the inexistence of a specific subject and age appropriate information; difficulties of health professionals who avoid the issue, lack of privacy. They suggest strategies to improve education on sexuality and emphasize the importance of monitoring health, with the involvement of parents in open debates about sexuality. They further suggest that specific information and education, provided by educators who are sensitive to their perspectives, repeat content while adjusting it to their development.

**Conclusions:** In uncovering the meanings attributed by young adults to the experience of their sexuality, we can tailor our actions to their specific needs.

### SEXUALITY EDUCATION IN PRIMARY SCHOOL: THE NEED TO LISTEN TO CHILDREN

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**Introduction:** Human sexuality should be understood in all its multiple dimensions and children previous conceptions need to be considered in sex education. This research aims to identify primary school children conceptions about sexuality, considering individual and socio cultural factors, and to evidence the sexuality issues that children want to learn more.

**Methods:** This research follows a qualitative approach. It is a case study, which used focus groups for data collection. We carried out four groups of discussion constituted on the basis of gender, age and school year. Our sample included twenty two children (10 females and 12 males) from different sociocultural, socioeconomic and socio affective contexts.

**Discussions** were audio recorded and after transcribed. A content analysis was done and we considered nine pivot terms (adults, family, dating, sexy, sex, get pregnant, baby, separate and talk) and two emergent categories (boys & girls, love & passion).

**Results:** The results allow us to verify: the existence of gender stereotypes; the use of vulgar language to name body parts; the value of interpersonal relationships; the existence of jokes with sexual nature; gender differences in the verbalization of love and passion terms; the interpretation of the divorce as a result of the lack of love and respect, as well as the existence of violence; differences in acceptance of non-traditional family models and homosexuality; that younger children do not have temporal notion of processes of sexual maturation, fertilization and pregnancy; lack of communication about sexuality.

**Conclusions:** Children interests and doubts relate to: interpersonal relationships; gender and social roles; different expressions of the sexuality; family concept; sexual maturation and reproduction.

## PORTUGUESE ADAPTATION OF THE SEXUAL SENSATION SEEKING SCALE WITHIN COLLEGE STUDENTS

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**Background:** The most current version of Sexual Sensation Seeking Scale (SSSS) had been used to measure the “propensity to attain optimal levels of sexual excitement and to engage in novel sexual experiences” (Kalichman & Rompa, 1995). It is an 11-item assessing sensation seeking specifically related sexual interests and activities. It is a psychometric instrument to assess the disposition to take sexual risky behaviors, including risks related to the acquisition of sexually transmitted infections.

**Aim:** The aim of this study was to examine the psychometric properties of SSSS within a sample of heterosexual college students. **Methods:** After consensual translation by experts, the SSSS was administered to 223 college students, with mean age of 21 ( $M = 20.91$ ,  $SD = 3.09$ ) years. The scale reliability (internal consistency and item-to-total correlations) construct validity and concurrent validity were evaluated.

**Results:** The SSSS Portuguese version had good internal consistency (Cronbach's  $\alpha = 0.84$ ) for the total scale. Factor analysis showed a one-factor structure, as observed in the original version, explaining 42.01% of the total variance. The majority of the items had factor loadings on their respective domains of at least 0.30, except for item 8. The scores on the SSSS ranged between 11 and 39 ( $M = 22.37$ ;  $SD = 6.37$ ). There were significant differences ( $p < 0.05$ ) in scores of male ( $M = 27.51$ ,  $SD = 5.10$ ) and female participants ( $M = 19.98$ ,  $SD = 5.40$ ).

**Conclusions:** The properties of the SSSS Portuguese version demonstrate its value for measuring college student's perception to sexual sensation seeking. The results confirm the structure and psychometric characteristics of the original version, reflecting values acceptable fidelity and validity.

## THE PARENTAL ROLE IN CHILD SEXUALITY

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Although sexuality is at present a topic widely discussed, aspect of sexuality Child is an area little studied and poorly known his experience from the point of view of parents. While nurses skilled in Paediatrics and Child Health in order to obtain knowledge that will allow us to collaborate and support the role of parents, we decided to study the perception that parents have of Child Sexuality and strategies at their disposal to address this issue with their children. A qualitative methodology of phenomenological nature as it was intended to explore the experiences of parents in their life contexts. The sample consists of nine parents of children aged between 6-10 years, enrolled in a group of Scouts. According to the interviews, we found that the majority of parents recognize the existence of infantile sexuality, there are however two who doubt or affirm their non-existence. Doubts children about sexuality concern mainly with questions of the biological, psycho-emotional and social. We found that is predominantly parents felt peaceful, when addressing this issue with their children, as well as satisfaction for being requested by them. In terms of strategies, reveals that parents usually wait for the children to question on the topic of sexuality and use dialogue, with the help of books or

analogies. In parents view, the gender identity of the children, face the male role is evident in issues of strength and liking football, while the female is recognized in liking for clothing, adornments and makeup. Parents reported that the source of information that children seek begins in the family and continues in school, then going to the media. They also consider that the responsibility to teach their children about this issue it is of the family, then the school and church.

## PEER EDUCATION NATIONAL PROJECT. PORTUGUESE FOUNDATION “THE COMMUNITY AGAINST AIDS”. YOUNG VOLUNTEERS’ PEDAGOGICAL TRAINING

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**Introduction:** Peer Education is a methodology used in health promotion, disease prevention and risk behavior. The Peer Education National Project (PENP) relies on the valuable contribution of volunteers from different university programs. These volunteers receive both scientific and pedagogical training in order to work with students of the project partner schools.

**Goals:** To characterize the volunteers, identify their motives and initial expectations, and evaluate the pedagogical training program they received under the PENP.

**Methods:** 56 young volunteers answered to two questionnaires: the “Satisfaction Questionnaire” and the “Initial Questionnaire-AIB” (AIB - Academic Intervention Brigades) in the school year 2012/2013.

**Results:** Most PENP volunteers were 18-22 years old and were enrolled in university programs of Medicine, Psychology and Communication. Regarding the pedagogical training they were submitted they emphasized the interest, the utility, and the organization of the project as well as the strategies used by the teachers who supervised the training program. Volunteers also enhanced as affordances the “climate of total openness”, and “the high level of interaction among volunteers and supervisors”. In which concerns the motives for joining the PENP they pointed out, among other reasons, “to help youngsters to access information about how to prevent HIV and other STDs”, “to participate in volunteer projects”, “to achieve personal and professional enhancement”, “to be part of an interesting project”, and “to contribute to behavior and mentality change”.

**Conclusions:** Results emphasized the relevance of the volunteers’ pedagogical training program in achieving the PNEP goals and highlighted the strengths of this program for future editions.

## PARTICIPATORY AND ACTION-ORIENTED LEARNING ON THE DEVELOPMENT OF ACTION COMPETENCE IN SEXUALITY EDUCATION

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**Introduction:** Action-oriented projects in sexuality education are innovative methodological approaches on the development of the student action competence.

**Objectives:** To analyze the effect of an action-oriented teaching methodology on the development of action competence in sexuality education, implemented in groups of different genders or mixed gender groups.

**Methods:** A qualitative study was carried out in a class ( $n = 24$ ) with groups separated by gender and another one ( $n = 23$ ) with mixed gender groups. At the beginning of the project, students from each class were interviewed in two focus groups and during the project participant observation was carried out.

**Results:** We found that students' initial ideas were presented more clearly in groups separated by gender, the mixed groups had a better perception of gender differences in the consequences and the causes of the problems selected and the groups of girls were more reflexives during the activities. In relationship to the selection of the problems concerning sexual and reproductive health, boys of mixed groups preferred to hide their ignorance and girls felt inhibited when boys made fun of sexuality issues. The groups separated by gender were more cohesive and corporative and this fact made the girls feel more secure in face of arrogance and machismo of boys.

**Conclusions:** From these results emerge the need to include gender perspectives and action-oriented teaching in pre-service and in-service teacher training, parental education and curriculum planning in schools.

### ADOLESCENTS SEXUAL PRACTICES

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**Introduction:** If teens options are experimenting sexualized practices, we should facilitate their knowledge, make them aware of their choices and help them living their sexuality in a safer mode.

**Objectives:** To identify adolescents sexual practices; characterize the attitudes of teenagers against the use of contraception.

**Methods:** Quantitative research with exploratory nature. We studied a convenience sample of 301 adolescents of both sexes which attend the 9th grade. Sexual practices and attitudes towards the use of contraception were assessed by "Contraceptive Attitude Scale" (CAS) Kyes (sd). Statistical analysis using SPSS-19, we used measures of central tendency, measures of dispersion, mean difference tests One-way ANOVA.

**Results:** The presence of young people with sexual experience. The petting is used by the majority (62.2%), the practice of coitus are at 19.6% and auto-eroticism is denied by the majority (56.8%), while 43.2% report that their practice. For the petting and considering the sex of the subjects, there are some significant differences: (U (299) = 8004,  $Z = -4.14$ ,  $p < .05$ ) and the same occurs in the autoeroticism (U (299) = 1899  $Z = -13.56$ ,  $p < .05$ ), in the intercourse in sexually active, there are no significant differences (U (299) = 10650.5,  $Z = -.233$ ,  $p = .816$ ). The consistent use of contraception is approximately (50.8%) to the inconsistent use (49.2%), with no differences according to the gender of the subjects (U (59) = 325.5,  $Z = -1523$ ,  $p = .128$ ).

**Conclusions:** Alentejo region is considered as problematic in what concerns to our sample of adolescent motherhood and the risky practices coitus.

### YOUTH FRIENDLY SERVICE (2000-2012): MALE ATTENDANT DEMAND

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**Introduction:** Youth friendly services are recommended by World Health Organization since 1994, as a way to address adolescent

reproductive and sexual and health needs, safeguarding their privacy and confidentiality. In our hospital this service has been available, for male and female attendants since March 1994 and is called Youth Space.

**Objectives:** The aim of this study was to evaluate male appointments in Youth Space.

**Methods:** Medical records from our database were reviewed from 2000 to 2012, and male/couple appointments were retrieved.

**Results:** Were found 785 male and 903 couple appointments from 50783 records. This represents 1.5% and 1.8% of the total appointments in these years, in a total of 3.3% of male presence. No significant variation in the proportion of male appointments was noted throughout the years, with a minimum of 0.8% in 2002 and a maximum of 2.2% in 2006 and 2012. Most came for urologic reasons (39.2%); about 19.4% requesting sexually transmitted infections screening; and 18.7% searching information. Only 4.6% come for contraception (vs. 57.8% of couple appointments).

**Conclusions:** Youth friendly services adapted to youth requirements are in fact a need, but an effort must be made to captivate male population to its regular frequency, not only to offer them basic health services, but also to educate them in healthy/protective sexual and reproductive lifestyle.

## 3. HEALTH AND NUTRITION

### LIFESTYLES AND OBESITY IN YOUNG STUDENTS IN HIGHER EDUCATION

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**Introduction:** Lifestyles and obesity are characteristics in our society that lead young people to situations of potential cardiovascular risk.

**Objectives:** To characterize the lifestyle and to evaluate its relationship with body mass index in university students.

**Methods:** This is a quantitative descriptive and cross-correlated study with a non-probability convenience sample of 3459 university students in the Central Region of Portugal. The evaluation protocol includes a sociodemographic questionnaire, the scale of "Do You Have a Fantastic Lifestyle" in the portuguese version (Silva, Brito, Amado, 2011) and an auto-related Body Mass Index.

**Results:** Regarding the sample, 69.6% were female students and 30.4% male. In terms of global results: Lifestyle behavior point averages medium level of  $85.81 \pm 13.06$ ; relative to variable BMI: 7.1% were underweight and 75.4% were normal weight, 14.3% were overweight and 3.2% obese. Regarding the correlations made between the two variables, we found significant correlations between Global lifestyle and the BMI ( $p = 0.000$ ), and some specific lifestyle domains, including: Family/Friends ( $p = 0.000$ ), Nutrition ( $p = 0.000$ ), Tobacco ( $p = 0.007$ ), Alcohol and other drugs ( $p = 0.000$ ) and Physical Activity (0.003).

**Conclusions:** This study revealed a group of data that will help us define an intervention program pertaining to the promotion of health, such as: an increase in health related literacy or the development of student support groups where the educative community and health services are mobilized.



## IMPACT OF THE EDUCATIONAL PROGRAM 'PLANNING HEALTH IN SCHOOL' IN AN OBESE ADOLESCENT: A CASE STUDY

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**Introduction:** 'Planning Health in School' (PHS) is an educational programme that integrates knowledge in healthy eating and active living, motivating teenagers' participation in changing to healthier behaviours. The PHA programme was implemented over a full academic year with grade 6 adolescents (11-12 years old). It started with an initial diagnosis, followed by implementation of a set of eight learning activities addressing different subjects in health promotion and focusing healthy eating habits and physical activity, by monitoring the process with several assessment tools.

**Objectives:** This case study intended to understand the factors influencing the obesity of an adolescent and to know how and why he changed his attitudes and behaviours towards a healthier lifestyle as following the PHS programme, having in mind two complementary perspectives of his context: the adolescent and to his family.

**Methods:** A 11 years old obese male, with a baseline body mass index (BMI) of 37.5 kg/m<sup>2</sup> and waist circumference (WC) of 117cm, was analyzed for his cognitive, attitudinal and behavioural parameters. In addition to the adolescent's anthropometric measures (BMI, WC), a self-reporting questionnaire, and 7 food diaries, a semi-structured interview was also conducted to the adolescent and his family (Mays; Pope, 2000).

**Results:** The adolescent's attitudes and perception about his body structure improved as well as changes on eating behaviours and anthropometric data. The BMI value decreased 10% and the WC had a cutback of 9 cm (5.8% less).

**Conclusions:** The 'Planning health in School' programme improved effectively changes in the obese adolescent's attitudes and behaviours, leading to better anthropometric outcomes.

## ADHERENCE TO MEDITERRANEAN DIET IN A SAMPLE OF ITALIAN ADOLESCENTS

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**Introduction:** The Mediterranean diet is a model of a healthy diet. During the last decade there has been a shift away from this nutritional pattern, especially among the younger generation.

**Objectives:** To estimate, in adolescents, the level of adherence to the Mediterranean diet, thorough KIDMED test, in relation to their nutritional status, lifestyle and social and family context.

**Methods:** The KIDMED and an "ad hoc" questionnaire were administered to 1380 students (mean age: 16.8 ± 1.6) attending a high school in Florence. The collected data were analyzed using SPSS 19 and the significant associations between the level of adherence and the available variables were assessed by  $\chi^2$  test.

**Results:** We found that 9.3% of the sample was underweight and 10% overweight/obese. The adherence to the Mediterranean diet was high in 16.5%, average in 60.5% and low in 23%. The low adherence was significantly higher in underweight subjects (35.9%), not

physically active (41.2%), with underachievement school (32.4%), with a not good relationship with the family (38.5%), who belong to low/middle class families (29.8%) and with mothers presenting low/medium cultural capital (28.6%). No differences between the level of adherence and being normal weight or overweight/obese were observed. 10.8% of the students don't eat fruits or vegetables and only 16.3% have more than one serving a day.

**Conclusions:** Our sample tends to move away from the Mediterranean diet pattern, with the acquisition of wrong eating habits, often associated with elevated sedentary. Educational level and social status of parents seem to play an important role in acquiring diet behaviors.

## EMOTIONAL DIMENSIONS OF EATING BEHAVIOR

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**Introduction:** The eating behavior includes food intake but also an emotional dimension related to attitudes to food and food intake (Natacci, 2011). Indeed, the unsuccess in weight loss programs has been associated with some emotional dimensions (restraint in particular) that are necessary to explore when the goal is a greater and more sustained degree of success (McGee et al, 2012).

**Objectives:** Examine changes in eating behavior (restraint, disinhibition and hunger) according to sociodemographic (gender and age) and anthropometric variables (BMI - body mass index). **Methods:** This is an exploratory study with a sample of 148 Portuguese youngsters and adults participants. For data collection we used the Three-Factor Eating Questionnaire (TFEQ) for the eating behavior and considered only two levels of BMI (normal-weight and overweight). Descriptive and inferential (Mann-Whitney) analysis were conducted with a p value ≤ .05.

**Results:** Gender differences ( $p \leq .01$ ) in restraint behavior ( $28.2 \pm 6.5$  female and  $22.6 \pm 5.2$  male). No differences found by age, in the total sample. However, when the sample is split by gender, there is statistically age differences (youth and adults), in hunger, more expressive to younger in both groups ( $p < .05$ ). The overweight participants had higher significant scores in restraint ( $p \leq .05$ ). BMI and TFEQ-restraint were positively correlated ( $\rho = .34$ ,  $p \leq .05$ ).

**Conclusions:** The results are consistent with the literature that women and overweight people are more concern about weight, and suggest an uncontrolled eating behavior with periods of restraint and disinhibition. So, we should promote specific strategies to modify this emotional attitude that interferes with success in weight management programs.

## ADOLESCENT KNOWLEDGE AND ATTITUDES TOWARDS BREASTFEEDING: RESULT OF AN INTERVENTION

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**Introduction:** The decision regarding the method of feeding a future child is the result of a dynamic process, based on socially acquired knowledge, beliefs and attitudes and that decision can

occur in the beginning of the pregnancy or even earlier, highlighting the need to intervene straight during adolescence.

**Objectives:** To evaluate the effectiveness of an intervention (educational session) on the adolescent's knowledge, attitudes and intentions about breastfeeding.

**Methods:** A controlled experimental study was conducted among 259 students attending two high-schools from different socio-economic backgrounds (rural and urban). The experimental group consisted of 83 students who underwent the educational intervention on the subject, whereas the control group was composed by 176 students. A pre-test and a post-test were applied to both groups, in order to assess the knowledge, attitudes and intentions of the adolescents about breastfeeding.

**Results:** The knowledge and attitudes towards breastfeeding have shown to be scarce in both schools. After the intervention, the experimental group of both schools has shown to significantly increase its knowledge and attitudes ( $p = 0.003$  at the urban school and  $p = 0.000$  at rural school), where in the rural background the adolescents presented a specific notion about the period of time that they would breastfeed a child ( $p = 0.024$ ).

**Conclusions:** A single educational session led to a statistically significant increase of the knowledge and of the positive attitudes relatively to breastfeeding. Therefore, it would be of major importance to include this subject in the curricula and among health education programs directed to children and adolescents.

## OBESITY, DIET AND PHYSICAL ACTIVITY: THE REALITY OF OUR TEENAGERS

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**Introduction:** Childhood obesity (OB) has tripled in adolescents in the past 30 years. Obese youth are more likely to have risk factors for cardiovascular disease, diabetes, bone and joint problems, sleep apnoea and psychological problems.

**Objectives:** To determine the prevalence of overweight (OW), OB and hypertension (HT) in an adolescent school population and to correlate with eating habits (EH) and physical activity (PA).

**Methods:** Analytical cross-sectional study with students from the 5th and 7th grades of 5 schools of 2 different cities based on surveys about EH and PA, determination of Body Mass Index (BMI) and blood pressure (BP). Statistics: SPSS 18® ( $p < 0.05$ ).

**Results:** The study included 501 students, aged from 10 to 17 (median 12 years), 51% males and 60% from the 7th grade, 16% were OW and 12% obese. BP was measured in 492 students, 23% had HT, 18% of those being OW and 22% OB. There was a statistical significant relationship between BMI and BP ( $p = 0.004$ ). Regarding EH: 56% had less than 5 meals/day, 47% had multiple snacks between meals, 5% didn't take breakfast every day, 52% didn't eat soup for lunch and dinner, 91% ate fish less than 5 times/week, 7% always ate sauces at meals, 6% never ate vegetables, 48% ate fried food more than 1 time/week and 21% ingested fast food regularly. Regarding PA: 13% spent more than 2 hours/day watched TV and played video games during school time and 48% during holidays; 32% didn't practice sports outside school.

**Conclusions:** This study showed a high percentage of children with OW/OB and HT, similar to literature values for the Portuguese population. Incorrect EH and PA are present in most cases even in those with normal BMI, which reinforces the need for educational intervention in childhood and adolescent school population.

## PROMOTION HEALTHY EATING HABITS AT SCHOOL

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**Introduction:** Many studies have been developed in the area of promoting healthy eating habits in children and youth, since food preferences and habits acquired during childhood and adolescence have important repercussions on the health and on the physical and emotional well-being of people, obesity being one of the most serious public health problems of today (SEQUEIRA, 2011).

**Objectives:** To evaluate the effectiveness of a program to promote healthy eating habits among 3rd grade students in schools in the geographical area of Aveiro North ACES.

**Methods:** A longitudinal correlational study, not with a probabilistic sample, for convenience of 275 3rd grade students. These were characterized by social demographic variables and 2 instruments were used for data collection: a quiz with 11 questions about eating habits and a snack's grid (DSP, ARS Norte). They were applied in 3 different occasions: before the implementation of the program, at the end of the program and 6 months after finishing the program implementation.

**Results:** We verified that the application of the program allowed the development of the knowledge of students, because the average of correct answers evolves from 7.43 to 8.58 ( $p = 0.00$ ) in the second evaluation and goes down slightly to 8.22 ( $p = 0.002$ ) in the third evaluation. Regarding the snack's grid, at the initial moment there is an average of healthy snacks per student in the order of 3.52 to 3.68, which changed in the 2nd evaluation ( $p = 0.1$ ) and an increase of this number to 3.99 in the 3rd evaluation ( $p = 0.00$ ).

**Conclusions:** The dynamics of an organized feeding program strengthens the food choices decision making. The food knowledge and attitudes /behaviors acquired have a tendency to remain over time.

## TEENAGE PREGNANCY AND LOW BIRTH WEIGHT

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**Introduction:** The prevalence of low birth weight (LBW) among adolescent mothers is twice that observed among adult mothers. Some of the factors that may explain this effect are inadequate gestational weight gain and the lack of or insufficient adequate prenatal care.

**Objectives:** To analyze the influence of gestational weight gain and health education on nutrition during pregnancy when there is low birth weight among pregnant adolescents.

**Methods:** This is a quantitative, cross-sectional study, partially analyzed as a case-control, with a non-probability sample of convenience consisting of 2871 puerperae of which 101 were adolescents and 16 of these had newborns with low birth weight. A questionnaire was used to collect data in 26 Portuguese institutions of public health between March 2010 and May 2012.

**Results:** In our sample, the prevalence of low birth weight was 7.9%. Low birth weight was found to be associated with adolescents with gestational weight gain inferior to 7 kg (OR = 3.35, 95% IC 1.09 to 10.36), whether they are informed or not on the best eating habits to have during pregnancy.

**Conclusions:** Educating is paramount for there to be responsible sexuality and to lowering the risks of teenage pregnancy, including low birth weight. During pregnancy it is essential to maintain an adequate maternal nutrition as there is an association between low birth weight among adolescent mothers and inappropriate weight gain.

## POOR EATING HABITS OF A SWIMMER WITH DOWN-SYNDROME: A CASE-STUDY

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**Introduction:** People with Down syndrome have a very specific and body composition itself, as well as athletes with the same syndrome. The adapted swimming is a sport that promotes agility and self-esteem and encourages discipline for behavior patterns, as well as for eating habits.

**Objectives:** To evaluate the diet of an athlete of adapted swimming of international performance level.

**Participant and methods:** An athlete of adapted swimming, who trained five times a week ( $15.6 \pm 2.3$  hours/week). Weight and height were measured and body mass index was calculated as  $BMI(Kg/m) = Weight(kg)/Height^2(m)$ . It was applied a food record of the 24 hours before the interview and a food diary for three days, including one day of the weekend. Dietary energy intake was analyzed by Food Processor. Descriptive and linear regression analysis and the Spearman correlation coefficient were used. The significance level was 5% ( $p < 0.05$ ). Data was analyzed using SPSS, version 18.0.

**Results:** Energy intake was above ( $4635.9 \pm 897.2$  Kcal/day) the recommended and decreased with some changes in eating behavior ( $p < 0.05$ ). Eating habits were monotonous and nutritionally poor, mainly based on juices, sodas, cookies and chocolate intakes. Water consumption was reduced, as well as fruit intake.

**Conclusions:** Athlete's body weight decreased, contributing to the increase in athlete's sport performance and to raise his self esteem.

## COMPLEMENTARY FEEDING IN A VEGETARIAN INFANT

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**Introduction:** It is presumed that complementary feeding should be introduced between the 4th and 6th month of life, according to recommendations already set for the most common diet in our society. However, there are families whose beliefs or lifestyle choices make their children meet special diets such as vegetarian diet, particularly in introduction of complementary foods, which the authors sets out to explore.

**State of the art:** Based in a case of a 9 month female infant (born at term), previously healthy, with adequate growth and psychomotor development, vegetarian and without additional supplements in the diet, in whom a microcytic anemia was observed. The authors have adapted the nutritional plan adjusting nutritional needs (including adequate intake protein-calorie, B12 vitamin, iron and zinc) to beliefs of the family, a balance that is still controversial.

**New perspectives/guidelines:** In a world with increasingly diverse and informed people it is imperative to be aware and create alternatives for these differences.

**Theoretical and practical implications:** There is need to continuously review the plan and nutritional status of these children, particularly in the phase of feeding, not supply value judgments and have good sense, always bearing in mind the primary interest of child health.

**Conclusions:** Although there is no consensus that vegetarian diet is healthy and fit for pediatric age, the clinician should know the options that currently exist to give the best response to the particularities of this situation, respecting the family and protecting the child, so also educating health.

## 4. HEALTH AND PHYSICAL ACTIVITY

### EFFECTS OF PHYSICAL ACTIVITY IN VENTILATION FUNCTION: ANALYSIS OF BODY COMPOSITION AND SPIROMETRIC VALUES

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**Introduction:** The evidence that physical activity (PA) is extremely important for the young adult population is unquestionable, providing the regular practice of these activities a positive effect on the various systems of the body.

**Objectives:** The main aim of this research was to measure the effects of PA on corporal composition (BMI and waist circumference) on spirometric values and relate these indicators to the ventilation function.

**Methods:** The sample consisted of 132 adults, higher education students, of both sexes ( $21.08 \pm 2.23$  years), divided into 3 groups: GE1- 58 students doing curricular and extracurricular activities; GE2- 44 students doing curricular activities; GC- 30 sedentary students. To characterize the sample of the type of PA, we used the questionnaire Telama et al (1997). We assessed the value of spirometry (PEF, FVC and FEV1) with a Microquark Cosmed spirometer and the BMI and waist circumference. The data were processed with the S.P.S.S. 19.0, Mann-Whitney test, analysis of variance and Spearman's test, with  $p < 0.05$ .

**Results:** The GE1 achieved significantly better BMI and waist circumference results ( $p \leq 0.05$ ) and in all of the values assessed by spirometry (PEF, FVC and FEV1) compared to the CG. We also found that there is a tendency for a negative correlation between the values of body composition and spirometric values (FVC, PEF, FEV1), i.e., the higher the values of body composition, the lower the spirometric values.

**Conclusions:** The students that performed supervised exercise had best levels of body composition and lung function. Poor BMI and waist circumference values may lead to respiratory dysfunction in terms of ventilation and the respective lung volumes, limiting the practice of PA and increasing the probability of respiratory pathologies.

### HEALTH-RELATED PHYSICAL ACTIVITY IN SCHOOL. STUDENTS' PHYSICAL ACTIVITY AND TEACHERS' VIEW. A CASE STUDY

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**Introduction:** Health promotion among students at school can be successful if teachers, staff and principals have common goals.

**Objectives:** This is a case study that intended to provide an understanding of student's physical activity (PA) and how the Principal and teachers think about health-related PA.

**Methods:** Participants were 827 students, 72 teachers. Teachers answered a questionnaire about the importance and the amount of PA necessary to benefit students' health. A questionnaire was used to assess students' and teachers' PA. The Principal was interviewed and the School Educative Project (SEP) was analysed.

**Results:** 60% of students did not practice the recommended levels of PA to benefit health. Students had two Physical Education (PE) classes per week and 18% practiced in school sports one or two times a week. Only 21% of teachers were considered sufficiently active, however 59% considered that regular PA had a relationship with health. Regarding the promotion of PA in school, 75% of teachers considered that it was enough to benefit students' health. The data reveals that teachers did not know the amount of PA needed for young people to get health benefits. The principal featured a discourse emphasizing the importance of PE and PA in the students' development. However, the SEP did not consider any initiative aiming at the promotion of students' PA, and the principal's directives were even contrary to its promotion.

**Conclusions:** Results show that teachers have a misconception about the PA students have to practice; and that the principal implements an education policy contrary to his/her rhetoric. In order to be successful, health promotion programs at school have to adopt a holistic approach including principals, teachers, staff, and parent education.

### PREVALENCE OF ACTIVE AND PASSIVE TRANSPORTATION TO AND FROM SCHOOL AMONG URBAN CHILDREN

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**Introduction:** Physical inactivity is one of the major preventable health risks. Active transportation is an easy and economical way to induce regular physical activity.

**Objectives:** The purpose of this study is to analyse the prevalence of active and passive transportation.

**Methods:** A total of 802 children (416 boys), aged 10-12 years old ( $10.6 \pm 0.7$ ) participated in the study. The informed consent was obtained from each participant and their parents. Data was collected using a questionnaire used on international research project on children's lifestyles. Descriptive statistic, Pearson's correlation and t test were used to analyse the prevalence and the relationship of transportation, BMI, socioeconomic status (SES) and gender.

**Results:** Children report to commute actively to/from school on average  $12.2 \pm 35.1$  min/day ( $13.6$  min/days boys,  $10.6$  min/day girls) and commuted passively  $68.1 \pm 75.5$  min/day ( $66.8$  min/day boys,  $74.2$  min/day girls). For the passive transportation there were significant differences between genders ( $p = 0.026$ ). Active transportation was negatively correlated with SES status ( $r = -0.199$ ,  $p < 0.001$ ). On the other hand, passive transportation was positively correlated with SES ( $r = 0.203$ ,  $p < 0.001$ ). BMI was negatively correlated with passive transportation ( $r = -0.087$ ,  $p = 0.022$ ).

**Conclusions:** Time spent in active transportation to/from school should be increased in order to improve the total physical activity among children. Further research is needed to explore the reason why children use active and passive transportation to/from school.

### POSITIVE PSYCHOLOGY AND PHYSICAL EDUCATION SCHOOL: PARALLEL PATHWAYS TO EDUCATE

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**Introduction:** The Psychology was concerned to study and research the disease, defects, weaknesses, failures and human difficulties,

neglecting healthy aspects. The science and practice of positive psychology are focused on the identification and understanding of the qualities and virtues of humans and to support in respect the construction of lives happier and productive.

**State of the Art:** The aim was to study through a of stamp with an emphasis on literature researches Seligmann (2012) Stobäus and Mosquera (2012) evidence that union of Positive Psychology with Physical Education have featured the cognitive and emotional availability to students and learning, which is essential for there to be a cooperative interaction.

**New perspectives/guidelines:** So how Positive Psychology intends to contribute to flowering and healthy functioning of people, groups and institutions, worrying to strengthen competencies rather than only correct deficiencies. In Physical Education, has been discussed in recent years in the school, a cultural perspective, that starting this referential that considers the area as part of human culture, or practices related to the body and movement, created by man over its history. Learning to live together implies a progressive domain procedures, values, norms and attitudes.

**Theoretical and practical implications:** This way, it is essential to the interaction of the individual so that he can integrate into the group, valorizing habits with healthy attitudes in the conquest health of body and mind through the Positive Psychology, Physical Education, the adoption of healthy lifestyles, the development of skills, individual capacities and production of a healthy environment.

### PHYSICAL ACTIVITY VERSUS SEDENTARY BEHAVIOR. IS THERE A CONNECTION?

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**Introduction:** Sedentary behaviour (SB) is an important and extremely prevalent risk factor for chronic disease in both children and adults. SB reduction along with increased physical activity (PA) can become a health behaviour.

**Objectives:** To observe the relation between PA and SB on weekdays and weekends among children.

**Methods:** The subjects in this study were 802 children (416 boys, 386 girls), with ages between 10-12 years old ( $10.6 \pm 0.7$ ). A survey was conducted to collect the data. The children were asked how much time they spent watching television, using the computer, playing videogames or practicing PA each day of the previous week. Pearson's r was used to verify the correlation between PA and SB.

**Results:** We noticed that during the weekdays, time spent on SB was not related with PA (television  $r = -0.036$ ,  $p = 0.518$ ; computer  $r = -0.015$ ,  $p = 0.788$ ; videogames  $r = 0.074$ ,  $p = 0.240$ ). The same happened on weekends (television  $r = -0.126$ ,  $p = 0.095$ ; computer  $r = -0.078$ ,  $p = 0.311$ ; videogames  $r = -0.085$ ,  $p = 0.278$ ). A sex/gender analysis showed no significant connection between PA and SB. However, the correlation is negative when considering the time boys spent watching television on weekends ( $r = -0.176$ ,  $p = 0.049$ ). Children, on weekdays and weekends, spent an average of  $3.2 \pm 2$  hours e  $1.9 \pm 1.4$  hours of PA, respectively.

**Conclusions:** PA and SB are not correlated, which enables them to coexist, except when it comes to boys. When they watch television on the weekend, that means less time spent on PA. Even though there is no connection between PA and SB, still, in weekdays the recommended time for PA is not achieved. It is therefore important to develop strategies that can improve PA and decrease SB, to promote a healthier lifestyle.

## CHILDREN SPORTS PARTICIPATION AND SEDENTARY BEHAVIOURS ON WEEKDAYS: HOW ARE THEY RELATED WITH ACADEMIC PERFORMANCE?

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**Introduction:** This study examined the relationship between the time children spent in sports participation (SP) and in recreational screen-time behaviours (STB) during weekdays, and their academic performance (AP).

**Methods:** A total of 802 children (416 boys), aged 10-12 years old ( $10.6 \pm 0.7$ ), completed a questionnaire used in an international research project on children's lifestyles. Pearson's correlations were applied to identify the relationships between the time children spent in SP and in STB (watching TV, computer usage, playing electronic games) on weekdays and AP. Two indicators of AP were considered: academic achievement (average of self-reported grades in maths, language and physical education) and perceived academic competence. Significance level was  $p < 0.05$ .

**Results:** Children report to practice sport on average  $18.5 \pm 25.6$  min/day and spent  $216.9 \pm 154.8$  min/day in STB. Regarding AP indicators, ranging on a scale between 1 and 5, the average value for academic achievement was  $3.5 \pm 0.7$  and for perceived academic competence was  $3.0 \pm 0.6$ . Academic achievement ( $r = 0.191$ ) and perceived academic competence ( $r = 0.174$ ) were positively correlated ( $p < 0.001$ ) with SP. On the other hand, academic achievement was negatively correlated with STB ( $r = -0.238$ ,  $p < 0.001$ ).

**Conclusions:** Less STB and more SP do not adversely affect children AP and may be beneficial to health. Strategies for promoting an active and healthy lifestyle should have a particular emphasis among those who spend a lot of their time in screen-based sedentary behaviours.

## SPORT PARTICIPATION AND LIFE SKILLS DEVELOPMENT

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**Introduction:** Sports participation as a vector of human development has sparked the interest of authors such as Weiss (1991), Martens (1996), Dias, Cruz and Danish (2001), Brunelle, Danish and Forneris (2007) or Gould and Carson (2008).

**Objectives:** This study seeks to highlight the concept of life skills in sports context and present two intervention proposals aimed to promote life skills. New perspectives: The life skills program "Promotion of positive experiences in children and young people" (Gomes, 2010) and the GOAL program - Going for the Goal" (Danish, Mash, Howard, Curl, Meyer, Owens, & Kendall, 1992) are opportunities to develop life skills in sports context. Seeking to promote skills identified as important in the education of children and adolescents (communication, problem-solving, goal setting, time management, stress management, motivation or team work) these programs use an active methodology to engage participants and stimulate the development of the participants.

**Theoretical and practical implications:** Contributing to the promotion of psychological well-being and social adjustment, these programs are scientifically legitimated. Although empirical evidence of the relationship between sports participation and life skills development, new challenges arise in this research area: how to evaluate the life skills to be included in a life skills program? What measures of evaluation should we use? How to assess that life skills remain over time and in the different life domain? Longitudinal and cross-sectional studies are needed to sustain the existing data.

## PHYSICAL ACTIVITY AND SEDENTARY LIFESTYLE IN YOUNG PEOPLE AND ADULTS

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**Introduction:** The evaluation of physical activity and sitting time is an important new area in the study of the consequences of sedentary behaviors for cardiovascular diseases, obesity and related problems (Bauman et al, 2011).

**Objectives:** Characterize the level of physical activity (from sedentary to extremely active) according to sociodemographic (gender, age and urbanity) and anthropometric (BMI) variables in a sample comprising Portuguese subjects.

**Methods:** A sample of 73 young people and 75 adults participated in this exploratory study. For data collection one used the International Physical Activity Questionnaire (IPAQ) and a questionnaire that included sociodemographic and anthropometric variables. The IPAQ evaluates 4 levels of physical activity: sedentary, low active, active and extremely active. Descriptive and inferential analyses were conducted with  $p \leq .05$ .

**Results:** There were gender ( $p = .02$ ) and urbanity ( $p = .01$ ) differences in physical activity. No differences were found in age and BMI in the total sample, in contrast with the higher levels of activity that were found in men and in participants residing in rural areas. M-W ( $p \leq .05$ ) and Spearman ( $p \leq .01$ ) results showed higher inactivity (sitting time per day) among young people and normal weight individuals. In the whole sample, reported sitting time showed a mean of 315.4 min/day during the week and 312.9 min/day during the weekend. So, subjects spend about 5-6 hours of sitting time per day.

**Conclusions:** The implementation of strategies to promote physical activity seems important especially among female and urban people. In addition, the results suggest that physical activity emerges as a positive response to prevent obesity and the age related limitations. Is this the pathway for active aging?

## SPORT IN NATURE: ORIENTEERING ALTERNATIVE IN PROMOTING ACTIVE LIFESTYLES IN CHILDREN AND YOUNG

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**Introduction:** It has been found that there are difficulties in to comply international recommendations that recommend the need of children and young people to practice, at least, 60 minutes of daily physical activity (Dollman, Norton, & Norton, 2005). In this sense, the purpose of this essay is to reflect about

the impact that the orienteering has, while a sport and leisure in nature, in promoting active and healthy lifestyles in children and youth, and enhance their potentialities for their overall development.

**State of the Art:** We understand the need to develop motivational and alternatives strategies for promoting physical activity (Grow et al, 2008; Krizek, Birnbaum, Levinson, 2004; Sallis et al, 2006; Van Sluijs, McMinn, Griffin, 2007). Several authors recognize the potentialities of orienteering (Aires et al 2011; Celestino, Pereira, 2012, 2013; Macneill et al, 2006, Martin, Diaz, 2006; Koukouris, 2005): its educational value, the contact with nature, the ability to solve problems, the development of ecological awareness, the socialization, the physical and motor development, the self-confidence, the multidisciplinary and the development of healthy lifestyles.

**New perspectives:** In recent decades there has been an exponential growth in the number of practitioners of Sports Orientation, thinking that, now, exceeds one million practitioners in over 58 countries (Eccles, Walsh & Ingledew, 2006). Nevertheless, this is a relatively recent modality still in Portugal.

**Theoretical and practical implications:** Thus, given the growing sedentariness of children and young people, we consider relevant, to the level of municipalities, associations, orienteering clubs and schools, to develop partnership in various projects, promoters of the practice of orientation.

## PHYSICAL ACTIVITY PATTERNS AMONG PORTUGUESE ADOLESCENTS

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**Introduction:** It is extremely important to engage adolescents in some sort of physical activity, thus contributing to a healthy lifestyle.

**Objectives:** To investigate physical activity patterns among adolescents.

**Methods:** We conducted a descriptive and exploratory study. The sample consisted of 680 adolescents attending high schools in the district of Porto. A questionnaire was applied to collect data between June and November of 2005.

**Results:** Adolescents were between 15 and 19 years old; 59.6% were female; 60.6% of adolescents practiced physical activity (we considered physical activity all activities related to sports or any physical exercise. We excluded from this physical education courses conducted in schools). The three most popular sports were soccer, gymnastics and swimming. The frequency of physical activity varied from 1 to 7 times per week. The time dedicated to physical activity per occurrence ranged between 30 minutes (3.7%) and 4 hours (1.7%). The total number of hours per week dedicated to physical activity varied between 30 minutes and 21 hours (average 5.54 hours; SD = 4.08). Male adolescents are more engaged in sports ( $p = 0.000$ ). We found no differences in physical activity patterns according to age ( $p = 0.24$ ) or school year ( $p = 0.09$ ). Male adolescents spend more time engaged in physical activities ( $p = 0.000$ ).

**Conclusions:** In line with results obtained by other researchers, our study shows that male adolescents are more engaged in and dedicate more time to physical activity than female adolescents. However, we concluded that physical activity generally decreases as adolescents become older. As also suggested by other authors, this may be associated with increasing responsibilities and school work, personal relationships, such as dating and friendships.

## MANAGING PAIN AND INJURY IN PORTUGUESE NATIONAL UNDER-17 RUGBY TEAM

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**Introduction:** On an international level, several studies using a sociological approach have tried to identify how professional and elite-non-professional players deal and manage with pain and injuries. In Portugal the research in this area is almost inexistent.

**Objectives:** To understand how Portuguese non-professional rugby players respond to and manage pain and injury.

**Methods:** Data for this study were gathered by tape-recorded semi-structured interviews of about forty-five minutes each. We interviewed fifteen Portuguese National Under-17 Male Rugby players. A non-probability and convenience sample was employed. The interviews were thematically analysed.

**Results:** All interviewed athletes showed a predisposition to ignore and disregard pain and admitted to having played, at least once, while injured or in pain. Players revealed being encouraged to prove their masculinity by playing injured. The data showed that many players are willing to play while injured because they do not want to "let the team down" and they want to help their teammates and also because they want to participate in an important match.

**Conclusions:** Portuguese non-professional under-17 rugby athletes appear to respond and manage pain and injury in broadly similar ways as those in other professional and amateur sports. They revealed that playing with pain is something "completely normal" and they expect the same attitude from the other teammates. Despite the players' intrinsic motivations, they are sometimes pressured by other staff such as coaches or physiotherapists. The data collected raises many questions about whether sport is a health -enhancing activity.

## ALCOHOL CONSUMPTION, PHYSICAL ACTIVITY AND MENTAL AND PHYSICAL HEALTH: A CORRELATION STUDY IN A COLLEGE POPULATION

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**Introduction:** Some students, in university, who until then practiced some kind of sport, fail to do so, and surrender to the sedentary of academic life. It may begin here a bohemian and sedentary life and the first cases of depression and anxiety disorders.

**Objectives:** To observe the existence of a relation between the lifestyle of college students and their health.

**Methods:** The sample for this study is composed of 338 students from Escola Superior de Tecnologias da Saúde de Coimbra. It was administered a battery of tests that assesses physical and mental health, the presence of psychopathological symptoms, a physical activity and alcohol consumption habits, composed of the MOS Short-Form 12-Item Health Survey, International Physical Activity Questionnaire, Brief Symptom Inventory and a questionnaire on alcohol consumption habits.

**Results:** The consumption of alcohol is associated with lower mental health status and with the existence of psychopathological

symptoms. The fact that he has already submitted a drunken state is positively correlated with vigorous physical activity. The physical health status is correlated with the presence of psychopathological symptoms. The practice of elevated physical activity is negatively correlated with the existence of psychopathological symptoms.

**Conclusions:** There is a negative correlation between alcohol consumption and mental health. There is a positive relation between alcohol consumption and physical activity. Physical health is negatively correlated with mental health to physical activity was negatively associated with mental health. Thus the practice of physical activity can be used as a mean of reducing alcohol consumption and improve the physical and mental health.

## PARENTS' AWARENESS AND PERCEPTIONS ABOUT PEDIATRIC OVERWEIGHT AND PHYSICAL ACTIVITY IN PORTUGUESE CHILDREN

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**Introduction:** Family plays an important role on child development as well as with engagement in physical activity (PA). However there is lack of research on strategies to increase parents' effectiveness as part of the process.

**Objectives:** The aim of this study was to evaluate parents' awareness about restrictions, decisions, concerns and certainties about PA and infant feeding (IF) that took part in a school-based intervention program to prevent obesity.

**Methods:** Parents of 79 children from 6 schools in Porto took part in this study. The students included in the project ACORDA (i.e. obese children and adolescents involved in PE and diet counseling during 8 month). To evaluate parental awareness, attitudes and practices about IF, a Child Feeding Questionnaire (CFQ) was used with 31 items. For PA levels, accelerometers ActiGraph GTX3 were used during 7 days. 2000 count.min<sup>-1</sup> was set as cut point for Moderate to Vigorous intensity (MVPA). To analyze how variables changed over time, deltas ( $\Delta$ ) were calculated. Pearson correlations were used. **Results:** Showed that there were significant positive correlations between  $\Delta$  MVPA and the items: How do you rate your child's weight during the 1st year of life 0.484  $p = 0.003$ ; I have to be sure that your child does not eat too many sweets foods 0.489  $p = 0.002$ ; and high in fat 0.407  $p = 0.014$ ; I intentionally keep some foods out of reach of my son 0.449  $p = 0.007$ ; If I did not control or guide them to feed my son, he would eat a lot less than it should 0.368  $p = 0.027$ ; How often is that controls the candy 0.390  $p = 0.017$ ; and snacks your child eats? 0.517  $p = 0.001$ .

**Conclusions:** Children who had increased their PA levels were correlated with parents' certainties, restriction and control about IF, which reinforces the importance of parents support.

## FALLS PREVENTION IN PATIENTS WITH TYPE 2 DIABETES: RESULTS FROM DIABETES EM MOVIMENTO® PILOT STUDY

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**Introduction:** People with diabetes have an increased risk of falling due to diabetes complications like autonomic dysfunction,

peripheral neuropathy and retinopathy. These can lead to postural hypotension, alterations in gait, balance disorders and visual impairment. Timed Up-and-Go Test is an international recommended tool for screening for falls risk, and it consists of a timed performance of getting up from a chair, walking 3 m, turning around, and walking back to sit down again.

**Objectives:** To analyze the effects of Diabetes em Movimento® a community-based supervised exercise program on Timed Up-and-Go Test performance in patients with type 2 diabetes.

**Methods:** This was a longitudinal study design. Twenty-three individuals with type 2 diabetes (12 men and 11 women; age  $60.17 \pm 7.85$  years old; BMI  $30.38 \pm 4.64$  kg/m<sup>2</sup>) underwent a community-based group exercise program, of 23 weeks duration, combining aerobic, resistance, agility and flexibility exercise. Exercise sessions were held three times per week on non-consecutive days, with 70 minutes duration and were supervised by exercise professionals. Timed Up-and-Go Test performance was recorded before and after exercise program (pre and post-test).

**Results:** Exercise program dropout was 26.09% (N = 6) and exercise adherence was  $70.79 \pm 19.73\%$ . Timed Up-and-Go Test performance improved 15.35% ( $p < 0.001$ ) after exercise program implementation.

**Conclusions:** Community-based supervised exercise programs like Diabetes em Movimento® can contribute to falls prevention in type 2 diabetic patients. Trial registration: Current Controlled Trials ISRCTN09240628.

**Funding:** This work was supported by Portuguese Foundation for Science and Technology SFRH/BD/47733/2008.

## EFFECTS OF DIABETES EM MOVIMENTO® COMMUNITY-BASED EXERCISE PROGRAM ON BODY COMPOSITION IN PATIENTS WITH TYPE 2 DIABETES

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**Introduction:** Insulin resistance and type 2 diabetes are related to changes in body composition, often resulting in sarcopenic obesity, which are associated with functional limitations and increased mortality.

**Objectives:** To analyze the effects of Diabetes em Movimento® a community-based supervised exercise intervention on body composition in patients with type 2 diabetes.

**Methods:** This was a longitudinal study design. Twenty-three individuals with type 2 diabetes (12 men and 11 women; age  $60.17 \pm 7.85$  years old; BMI  $30.38 \pm 4.64$  kg/m<sup>2</sup>) underwent a community-based group exercise program, of 23 weeks duration, combining aerobic, resistance, agility and flexibility exercise. Exercise sessions were held three times per week on non-consecutive days, with 70 minutes duration and were supervised by exercise professionals. Body mass and body composition (fat percentage; fat mass and fat free mass) were determined by before and after exercise program (pre and post-test). Strategies to control or change nutritional habits were not applied during program intervention.

**Results:** Exercise program dropout was 26.09% (N = 6) and exercise adherence was  $70.79 \pm 19.73\%$ . Significant changes were identified in fat mass ( $-6.53\%$ ,  $p = 0.001$ ), in fat free mass ( $+1.64\%$ ,  $p = 0.048$ ) and in body mass ( $-0.9\%$ ,  $p = 0.047$ ) between pre and post-test.

**Conclusions:** Community-based supervised exercise programs like Diabetes em Movimento® seem to induce positive changes on body composition and prevent or delay sarcopenic obesity in type 2 diabetic patients.

Trial registration: Current Controlled Trials ISRCTN09240628.

Funding: This work was supported by Portuguese Foundation for Science and Technology SFRH/BD/47733/2008.

## IS HEART RATE A GOOD INDICATOR TO MONITOR AEROBIC EXERCISE INTENSITY IN PATIENTS WITH TYPE 2 DIABETES?

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**Introduction:** Cardiovascular autonomic neuropathy is a common diabetes complication that has been shown to impair exercise tolerance and reduce heart rate (HR), blood pressure and cardiac output responses to exercise, that can lead to hazardous levels of exercise intensity. Patients with diabetes are recommended to rely on their perceived exertion (PE), a valid, practical and affordable tool for monitoring exercise intensity.

**Objectives:** To analyze the association between objectively measured HR and subjectively reported PE during aerobic exercise in patients with type 2 diabetes and to evaluate if their exercise intensity zones are accordant.

**Methods:** Participants' HR and PE were assessed during aerobic exercise using HR monitors and Borg's rating of PE (6 to 20 scale), respectively, along 20 weeks. Both variables values were classified using American College of Sports Medicine exercise intensity classification (very light, < 30% HR reserve or < 9 PE; light, 30-39% HR reserve or 9-11 PE; moderate, 40-59% HR reserve or 12-13 PE; vigorous, 60-89% HR reserve or 14-17 PE; maximal, ≥ 90% HR reserve or ≥ 18 PE) and their accordant was analyzed.

**Results:** Spearman's rho for HR and PE was 0.475 ( $p < 0.001$ , two-tailed,  $r^2 = 0.194$ ). HR intensity classification was 36.4% accordant, 12.5% superior and 51.1% inferior to PE intensity classification.

**Conclusions:** Although a moderate association was observed, in most cases HR appears not to be accordant with PE. HR should be used with careful when monitoring aerobic exercise intensity in patients with type 2 diabetes.

## THE PHYSICAL AND SPORTIVE ACTIVITY AND THE PSYCHOMOTOR PROFILE ON CHILDREN WITH DISABILITY: AN EXPLORATORY RESEARCH

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**Introduction:** Several authors evidence the sports benefits for the person and children with disability (Winnick, 2005). In Portugal the research in this area is almost inexistent.

**Objectives:** Our research aimed to recognize the benefits of sportive-practice on the psychomotor profile evolution of children carrying different disability types.

**Methods:** This study characterized as exploratory and descriptive embodies investigation - action type (Castro, Morgan, & Mesquita, 2012) focused itself upon five children, aged between 4 and 12, diagnosed with several disability types (neuromotor disability, Down Syndrome, Cerebral Palsy, etc.). However, all children have got intellectual and motor skills which enabled them to respond at least to the understanding and to the performance of protocolized tasks on

the Psychomotor Battery (PB) (Fonseca, 2010). The PB was employed within 3 moments: initial assessment - November 2011; intermediate assessment - January 2012; final assessment - June 2012. **Results:** During these 3 assessment interval physical activity sessions were held, one per week, divided into two phases: 1st phase, within a gym context - between November 2011 and January 2012; 2nd phase in water - between January 2012 and June 2012. The findings enable to verify that all children's psychomotor profile developed positively, some of them even moved from the normal psychomotor profile, recorded in the initial assessment, to a good psychomotor profile recorded within the final assessment.

**Conclusions:** The findings suggested that physical activity have the potential to make distinctive contributions to the development of children's fundamental movement skills and physical competences.

## STUDENTS REPRESENTATIONS OF PHYSICAL EDUCATION

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**Introduction:** Physical education and sport in schools have the potential to make distinctive contributions to the development of children's fundamental skills and competences, which are necessary precursors of participation in later lifestyles (Bailey, 2006). However, in Portugal researches that take into account students opinions concerning physical education (PE) are very scarce. **Objectives:** To analyse students representations of Physical education.

**Methods:** The data for this study was gathered through questionnaires applied to 10 14-18 years old students from a school located in the interior north of Portugal. The data collected was thematic analysed.

**Results:** The students established a narrow association between PE classes and health, conceiving Physical Education as a discipline capable of helping in the prevention of diseases and promotion of health and well-being. The students consider PE important because it intervenes in the creation, configuration and modeling of the body, affirming to feel pleasure on the day they have PE classes.

**Conclusions:** For the students PE is a valuable tool in the promotion of health and well being and contributes decisively to a more active lifestyle. These students acknowledge the fascination presented by the new technologies and that may promote sedentary lifestyles which are strongly associated with a large number of diseases. However, they recognize PE as a useful tool that may combat the increasing sedentarism and that may help people to feel more active and resistant.

## THE EFFECTS OF PITCH SIZE AND SKILL LEVEL ON EXERCISE INTENSITY DURING SOCCER SMALL-SIDED GAMES IN HIGH-SCHOOL BOYS

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**Introduction:** The goal of the present study was to investigate the influence of different pitch dimensions on exercise intensity



(measured through internal and external loads) of male high-school students with different skill levels during 3 small-sided soccer games (SSGs). This information is deemed important for planning Physical Education (PE) classes.

**Methods:** 8 soccer skilled (Sk) and 8 novice (Nv) high-school boys (aged 15-16 years) were monitored during 4-a-side SSGs played in 3 pitch dimensions: small (SP), intermediate (IP) and large (LP). Games were 7-min duration interspersed with 7-min of rest. Players wore heart rate monitors and 15-Hz GPS units. Edward's training load (ETL) and total distance covered (TDC) of each player were calculated according to SSG and subjected to a 2-way mixed-model ANOVA [within subjects - pitch size; between-subjects - skill; effect sizes (Es) reported as partial eta squared].

**Results:** A main effect for pitch ( $F = 6.29$ ,  $p = 0.006$ ,  $Es = 0.32$ ) was observed, but no interaction effects were detected between pitch and skill level ( $F = 0.18$ ,  $p = 0.82$ ,  $Es = 0.01$ ) for ETL. Sk tended to present lower ETL in all pitches - SP: Sk-Nv =  $-5.32$ ,  $p = 0.06$ ; and IP: Sk-Nv =  $-3.72$ ,  $p = 0.07$ . Concerning TDC, a main effect for pitch dimension ( $F = 4.26$ ,  $p = 0.02$ ,  $Es = 0.23$ ) and an interaction effect for pitch and skill level ( $F = 19.80$ ,  $p < 0.001$ ,  $Es = 0.58$ ) were detected. Significant differences between and within groups were found for TDC across all SSGs ( $p < 0.05$  in all comparisons).

**Conclusions:** Pitch size influenced exercise intensity during SSGs, but skill level discriminated only for TDC, with skilled students being more efficient. PE teachers shall be aware of these constraints when designing soccer drills for health promotion in high-school PE classes.

## 5. ORAL HEALTH

### PREVALENCE OF DENTAL CARIES AND ORAL HEALTH BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF CHILDREN AND ADOLESCENTS

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**Background:** Oral health is a part of general health and associated with quality of life. Changing a child's behaviour towards health is the starting point to reduce the prevalence of oral diseases. The aim of this study was to assess oral health behaviours and the prevalence of dental caries and fissure sealants among a Portuguese sample of children and adolescents.

**Methods:** A sample of 272 students aged 8 to 17 years old, attending four public schools of the districts of Viseu and Guarda, Portugal, was enrolled in this cross-sectional study. Data collection was accomplished by the application of a questionnaire with questions about oral health behaviours that were answered by children and adolescents in the classroom. Clinical examination of oral health status was carried out in order to assess the presence of fissure sealants, prevalence of dental caries and the decayed, missing and filled teeth index (DMFT index).

**Results:** A high prevalence of students practice oral hygiene habits at least once a day (75.4%), from which 24.2% toothbrush only once a day, 56.7% twice a day and 19.1% more than twice a day. According to gender, 83.1% female brush their teeth everyday while only 72.1% male brush everyday ( $p = 0.035$ ). 52.9% do not floss daily and 28.1% refer not having a dental appointment in the last twelve months. The main reasons for a dental appointment were:

check-up (43.6%) and toothache (18.3%). The prevalence of fissure sealants was 53.1% and the DMFT index was 1.42, with a dental caries prevalence of 58.2%.

**Conclusions:** Portuguese adolescents' oral health behaviours need to improve and primary preventive strategies should be considered in order to reduce a higher level of oral diseases and improve oral health behaviours which should start among the younger children.

### ASSOCIATION BETWEEN DENTAL CARIES AND BMI IN ADOLESCENTS

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**Introduction:** Weight gain, reflected in body mass index (BMI) Overweight and obesity is a public health problem. In theory, overweight/obesity may be associated with dental caries but documentation of such an association is limited and inconsistent.

**Objectives:** This study sought to assess whether there was a relationship between dental caries and BMI and also the oral hygiene habits (time and frequency).

**Methods:** Cross-sectional study with 181 teenage volunteers (91% stake) of the birth cohort of 1995 and the same core school (Castelo de Paiva) and 50.3% female. The indicators oral clinical and anthropometric measurements were recorded according to WHO criteria for such studies. Data analysis was performed with SPSS<sup>®</sup> vs.17.0 admitted  $\alpha = 0.05$  in the procedures of statistical inference. Were safeguarded the inherent ethical and deontological aspects to the study.

**Results:** The mean (SD) of caries was 3 (3.5), ranging between 0 and 11, the DMF was 4.04 (2.79) between 0 and 12, with 69.1% of subjects display normal BMI for the respective percentile, 3.3% below normal, 19.3% overweight and obesity 8.3%. 1x/dia sanitizes 55.8%, 38.7% 2x/dia, 3x/dia 1.7%, and 73.5% do before bedtime and 63% in the morning.

**Conclusions:** There was no significant difference in DMFT for the 4 levels of BMI (T.Kruskal-Wallis test,  $p = 0.231$  and  $0.321$ ) in this population group. Is it worth testing other groups with different ages. The number of dental caries, DMFT is significantly lower for those who wash their teeth before bedtime (T.Mann-Whitney test,  $p = 0.005$  and  $0.003$ ). Appropriate health policies should be established to minimize the impacts of these two important pathological conditions affecting young teenagers.

### PARENTAL ORAL HYGIENE PRACTICES: INFLUENCE ON THEIR CHILDREN HABITS

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**Introduction:** Family is the primary agent of socialization in children and adolescents. Its characteristics and habits influence those of the adolescents, either internally or in the relationship with the external environment. Family members have and transmit beliefs, values, knowledge and health practices.

**Objectives:** To evaluate the oral hygiene habits of parents and their adolescents children.

**Methods:** Cross-sectional observational study in a sample of 661 parents and 661 adolescents attending public schools in the central region of Portugal, with an average of 13.22 years ( $\pm 1.139$ ). Data collection was conducted through questionnaire on oral hygiene habits.

**Results:** Parents' oral hygiene habits: 52.5% of parents brush their teeth twice a day and 83.5% take less than 2 minutes brushing, 74.5% of the parents don't use dental floss, 16.3% use it one or more times day and 9.2% rarely use it. The change of the toothbrush occurs each 3 months in 31.8% of the parents. Regarding children, we have observed that 63.8% of adolescents brush their teeth twice a day and 40.7% always brush their teeth at night, 43.1% of adolescents don't use dental floss, 31.8% rarely use it and 19.5% use it once a day. The change of the toothbrush occurs each 3 months in 28.3% of the adolescents. There was a positive association between oral hygiene habits of parents and their children ( $r = 0.293$ ,  $p = 0.000$ ). Thus, better oral hygiene habits of parents correspond to better habits of children.

**Conclusions:** Educational programs for parents on oral health have a vital importance towards the adoption of healthy habits. Through role modeling, these strategies facilitate oral health on children.

## PREVALENCE OF ORAL HEALTH BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

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**Background:** The frequency of toothbrushing, use of dental floss, regular dental appointments and the application of fluorides and fissure sealants are important oral health behaviours in order to prevent oral diseases.

**Objectives:** The objective of this study was to assess the oral health behaviours in a Portuguese sample of adolescents.

**Participants and methods:** A sample of 309 adolescents (66.9% female) aged 12 to 19 years old, attending a public school in Sátão, Portugal, was enrolled in this cross-sectional study. A self-administered questionnaire with questions about adolescent socio-economic status and oral health behaviours was answered by adolescents in the classroom. Prevalence was expressed in proportions and compared by the Chi-square test.

**Results:** The prevalence of toothbrushing (twice-a-day or more) was 80.7%, more frequent among the female (82.9% vs. 72.3%,  $p = 0.02$ ), in which 46.1% refer brushing their teeth, tongue and gums. Forty-one point two percent of adolescents reported using dental floss, more frequent among female (46.1% vs. 31.5%,  $p = 0.009$ ). Sixty-five point seven percent had one or more dental appointments in the previous twelve months and the most frequent reasons referred were: 76.5% for a dental check-up and 25.2% when having a toothache. We verified that 29.5% of adolescents refer knowing the definition of a fissure sealant, while 11.2% refer having fissure sealants applied on their teeth.

**Conclusions:** One fifth of adolescents don't toothbrush at least twice-a-day and one forth don't have an annual check-up dental appointment and visit a dentist only when they have toothache. Oral health community programs and primary preventive strategies should be considered in order to reduce a higher level of oral diseases and improve oral health behaviours.

## CHEWING ABILITY AND ORAL HEALTH IN ELDERLY

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**Introduction:** According to information gathered, as age increases the ability to chew will be deteriorating, so we intend to determine the relationship between this variable and oral health in elderly.

**Objectives:** Assess the level of the masticatory capacity of the elderly. Analyze the influence of sex, of the Signs and Symptoms of oral cavity and masticatory capacity in the perception of oral health among the elderly.

**Methods:** Descriptive study using information collected in a cross-section, developed in a sample of 435 elderly, 30.57% male and 69.43% female. The average age stood at 80.94 years. For data collection we used the Functional Assessment Scale of Subjective Oral Health OHIP - 14 (Slade and Spencer, 1994) and Leake Index - chewing ability (Leake, 1990).

**Results:** Most seniors (77.01%) had poor chewing ability. For signs and symptoms of oral cavity, 67.36% of seniors said they feel dry mouth. Inferred that there is a low negative association between chewing ability and oral health perception ( $r = -.0257$ ;  $p = 0.000$ ).

**Conclusions:** Since 77.01% of the elderly has a poor ability to chew the food provided must be adapted to this reality. The practice sessions for health education are useful in demonstrating proper oral hygiene and encouraging good practice, leading to a reduction of oral diseases.

## 6. HEALTH AND ADDICTIVE BEHAVIORS

### ADDICTION IN PREGNANCY: TAKING CARE IN THE TRANSITION PHASE

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Addiction in pregnancy poses particular challenges for the health professionals. Despite giving care to the pregnant woman, the health professional has also to provide special care to the addicted woman. Thus, we have conducted a research study in order to: I) identify the socio-demographic and clinical features of the pregnant addicts; II) evaluate the level of pre-natal attachment during gestation and III) assess the correlation between the pre-natal attachment and the spiritual dimension of the drug-addicted pregnant woman. We performed a quantitative-correlational study, using a sample population of 103 pregnant addicts. The study consisted in the application of two questionnaires, namely, the "Antenatal Emotional Attachment Scale" (Condon, 1993), translated and validated to Portuguese by Gomez & Leal (2007); and the "Avaliação de Espiritualidade em Contextos de Saúde" scale, developed by Pinto & Pais-Ribeiro (2007). Data analysis and interpretation has shown that there are several factors influencing the level of pre-natal attachment of the pregnant addicts to their babies, namely, a) the civil state; b) the type and relationship of the pregnant addicts with their cohabitants; c) the number of obstetric appointments; d) the planning and desire of pregnancy; e) the frequency of attendance of preparation classes for childbirth and f) the spiritual dimension presented by these women. Thus, it seems to

be of major relevance to develop and submit these pregnant and addicted women, to adequate rehabilitation and multidisciplinary substance abuse treatment programs.

### CANNABIS USE AND THE RISK OF SCHIZOPHRENIA: A SYSTEMATIC LITERATURE REVIEW

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**Introduction:** Schizophrenia is a serious and persistent mental illness, with early onset, male preponderance, causing high levels of disability, and 1-1.5% prevalence. The illness prevalence increases till 5-10% among first-degree relatives, so its occurrence is also associated with several environmental factors, namely Cannabis use during adolescence. Since Cannabis use has become more common among young people in Portugal, this study aims to collect and synthesize scientific evidence on how Cannabis use relates with increased risk of schizophrenia.

**Methods:** Based on Cochrane Handbook (2009) methodology, studies (since 2000) available on several scientific databases were identified and analyzed, using the following descriptors: cannabis, schizophrenia, psychosis, mental health.

**Results:** Data collected from a total of 18 studies, from 9 countries, suggest that Cannabis use during adolescence does increase, at least twofold, the risk of schizophrenia. Such risk is even higher (up to six-times) depending on how early the person starts using Cannabis, and on a dose-effect relationship. Current knowledge about the brain biochemical mechanisms clearly shows that Cannabis, especially its THC component, is responsible for progressive changes in the same neuronal circuits as the ones found in people affected by schizophrenia. Such brain changes are more likely to happen during adolescence, since adolescents brain is undergoing a very active developmental phase.

**Conclusions:** Cannabis use is an important risk factor for schizophrenia, mainly among adolescents. Therefore, interventions aiming at preventing Cannabis use among adolescents are paramount, including regular health information on this topic, for adolescents and their parents, teachers and other educational agents.

### (IL)LEGALITY IN CONSUMPTION OF A LEGAL SUBSTANCE: A CASE STUDY ON ALCOHOL CONSUMPTION AMONG TEENS

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**Introduction:** Decree-Law 9/2002, of January 24, prohibits the sale of alcohol to under-16 years old (n.1, art. 2nd) and its consumption in public places and in places open to the public (n.2, idem). However, our experience of observation, confirmed by the testimonies of respondents and frequent public debates about the theme, lets realize that in many shops there disrespect to this legal provision.

**Objectives:** This study seeks to understand the zeal in meeting the legislated for the sale and consumption of alcoholic beverages.

**Methods:** A qualitative investigation, using the direct method of gathering information. The study was conducted at the School of Estremoz municipality, located in the central region of Alentejo, Portugal. Comprehensive semistructured interviews were

conducted. The sample consisted of ten pupils consumers: five in the 8th grade and five in the 10th grade, aged between 14 and 16 years old.

**Results:** The purchase of alcohol by young people under the age of 16 years old is easy. In the unanimous opinion of the subject, the economic advantage for sellers, resulting transactions, appears to contribute to this act of easy access to alcohol. They claim that newly opened bars are tougher for sale but, after some time the restriction is attenuated by passing the transaction happening without being checked ages of young buyers.

**Conclusions:** The bars and nightclubs in the region do not guarantee compliance with the restrictions on the sale and consumption of alcohol. Physical appearance is, even where the zeal is greater, a warrant for entry-under 16 years old in bars.

### ALCOHOL CONSUMPTION: A STUDY WITH ADOLESCENTS FROM A SCHOOL IN THE NORTHEAST OF PORTUGAL

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**Introduction:** Portugal is considered the 4th largest consumer of alcohol in the European Union (Feijão, 2007; Fonte & Manita, 2009) and this consumption has increased in younger ages (Carvalho et al, 2007; Plano Nacional de Saúde, 2012-2016). The leading cause of death among adolescents is the traffic accidents, many of them associated with the excessive consumption of alcoholic drinks (Breda, 2010; Cordeiro, 2009; World Health Organization, 2011). Portugal is one of the European countries that has a higher mortality rate associated with this consumption (Plano Nacional para a Redução dos Problemas Ligados ao Álcool, 2009).

**Objectives:** The aims of this research were to characterize the alcohol consumption habits of the adolescents and to identify their needs for health education.

**Methods:** An exploratory and descriptive study was carried out and 441 students of primary and secondary levels participated. The majority of them were male (53.1%) with a mean age of 14.5 years old. We collected data through an anonymous, self-answered questionnaire.

**Results:** The results showed that 45.3% of the adolescents consume alcohol and they began the consumption with a mean age of 13.5 years old. Most of them have experienced at least one episode of drunkenness and they don't intend to stop drinking. Beer is the preferred drink of both male and female and they choose their friends to drink with. Adolescents who consume alcohol have friends and family with these habits.

**Conclusions:** This study pointed out that it is a priority to invest in a precocious primary prevention and particularly in the early phase of the adolescence, before the initiation and/or experimentation of alcohol.

### ALCOHOL CONSUMPTION AMONG HIGH-SCHOOL ADOLESCENTS

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**Introduction:** Alcohol consumption among adolescents represents a public and individual health problem, which is important to attack as soon as possible. In spite of being illegal, alcohol

consumption in adolescence continues to be an important public health concern.

**Objectives:** To identify alcohol ingestion habits among high-school adolescents.

**Methods:** We carried out a descriptive and exploratory study. Data were collected through a questionnaire and took place between March and November of 2005. The sample used comprises 680 adolescents attending high school in various schools in the district of Porto. The respondents are aged between 15 and 19 years old and the majority are females (59.6%).

**Results:** We concluded that 42.6% of the adolescents consume alcoholic drinks. The majority (73.5%) started to drink between 14 and 16 years old (on average at 14,5 years old, SD = 1.64). Concerning alcohol consumption by their friends, nearly half (45.1%) of the respondents state that most of their friends are regular drinkers. Most of our drinking adolescents (75.8%) do so in the company of their friends. The number of drinking adolescents increases as they become older ( $p = 0.005$ ). Boys drink more than girls ( $p = 0.002$ ). Having drinking friends is associated to alcohol consumption ( $p = 0.000$ ). The vast majority of drinking adolescents (92.3%) does not wish to stop drinking. Nearly half of our drinking adolescents (44.1%) say that they have already got drunk. Age is related to getting drunk ( $p = 0.004$ ).

**Conclusions:** The results obtained in our study are in accordance with those available from other works in this area, showing that adolescence is when most youngsters first come into contact with alcohol (HAYES et al, 2004), that alcohol consumption increases as they get older.

## HEPATITIS C AMONG DRUG ADDICTS: NOT ALL ARE EQUAL

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**Introduction:** Chronic Hepatitis C is widespread among drug addicts. Although the disease is highly variable and prolonged in time, some groups of patients are at increased risk of developing advanced disease. They are the excessive drinkers, those with co-infection with HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus) and those who have progressed to a state of moderate or severe fibrosis.

**Objectives:** The objective of this study was to identify and quantify a population of drug addicts with hepatitis C patients at increased risk of developing advanced disease.

**Methods:** This was an observational cross study of a sample of 40 patients undergoing treatment for drug addiction. We identified the problem that motivated the intervention and the respective treatment. Based solely on records of laboratory parameters the quantification of the presence of co-infection was ascertained, signs suggestive of alcohol consumption were identified, and, using a model called "index ratio AST (aspartate transaminase) / platelets" (APRI) and platelet count, the degree of liver fibrosis was established.

**Results:** Most patients are dependent on opiates and are on a Methadone Replacement Program. A quarter of the patients studied presents significant fibrosis. Co-infection with HIV occurs in almost one third of the patients. A percentage between 30 and 60% of the patients have high levels of alcohol consumption.

**Conclusions:** The drug dependent patients with Hepatitis C studied accumulate a number of risk factors for disease evolution. Simple measures like those used in this study allow us to identify those who are at higher risk of having advanced fibrosis, high levels of alcohol consumption or coinfection.

## TOBACCO CONSUMPTION: A STUDY WITH ADOLESCENTS OF A PRIMARY AND SECONDARY LEVEL SCHOOL IN THE NORTHEAST OF PORTUGAL

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**Introduction:** Adolescence is characterized by a process of growth and bio psychosocial development. It is a key stage in the life cycle where adolescents may start to consume tobacco. The use of this substance among adolescents has become a public health issue. The tobacco consumption by the Portuguese adolescents increased between 2007 and 2011 (Hibell et al, 2009; 2012).

**Objectives:** The purpose of this research was to characterize the tobacco consumption habits of the adolescents from a school in the northeast of Portugal as well as to identify their needs for health education.

**Methods:** An exploratory and descriptive study was conducted and we collected data between April and May 2011. We obtained 441 filled out questionnaires from adolescents between 10 and 19 years old.

**Results:** The study showed that the consumption of tobacco is a reality for some adolescents: 18.6% are smokers who began the consumption with a mean age of 13.8 years old. The majority of them want to quit/reduce the consumption. The adolescents who smoke have friends or relatives with that consumption habit. Most adolescents have received information on the harmful effects of tobacco in adolescence and do not want to get more information.

**Conclusions:** The results highlight the need to invest in Health Education actively including the adolescents in the process. This process should be initiated early to prevent or delay the initiation of consumption and must not only involve adolescents, nurses and other health professionals, but also parents, peers, school and the rest of the community.

## PSYCHOACTIVE SUBSTANCE CONSUMPTION: THE REALITY OF OUR TEENAGERS

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**Introduction:** The use of psychoactive substances is a serious public health problem. These substances have both immediate and long term effects. They can produce dependence and its starting more and more at an early age.

**Objectives:** Characterize drug use in a sample of adolescents from three different schools in the district of Coimbra.

**Methods:** Analytical cross-sectional study developed between January and March 2013, based on surveys about alcohol, tobacco and other drugs use habits of students from the 8th and 9th grades. Statistics: SPSS 18<sup>®</sup> ( $p < 0.05$ ).

**Results:** We included 322 students, aged between 12 and 18 years old (median 14), with 51% female and 53% from the 9th grade. The median age for the first experience with the different drugs was 13. Tried alcohol 66% and 46% of those continue to consume, mainly beer (64%), at parties (64%) and with friends (55%). As for tobacco, 31% have had an experience and 28% of those keep consuming, 11% more

than 20 cigarettes a day. For other drugs, 7% have tried out at least one kind and 46% of these continue to consume, essentially cannabis (85%). There were statistically significant differences among the schools assessed in tobacco ( $p = 0.004$ ) and other drug ( $p = 0.002$ ) first experience and continued consumption of alcohol ( $p = 0.03$ ) and other drugs ( $p = 0.002$ ). There were no statistical significant differences at the knowledge of the subject and between the genders. **Conclusions:** The team found out that alcohol was the most tried substance and the one with the most sustained use, followed by tobacco and other drugs in last, with percentages similar to those described for the Portuguese population. This high level of consumption in this age range reinforces the need for the development of any kind of intervention programs at schools.

### SMARTSHOPS DRUG USE BY STUDENTS OF THE POLYTECHNIC OF COIMBRA: A PUBLIC HEALTH RISK?

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**Introduction:** In Portugal, there has been in recent years a marked increase of smartshops. In 2012, the estimated number of stores in operation was 40 shops, occurring also an increase in poisonings related to these drugs, especially among young people.

**Objectives:** Evaluate the consumption of legal drugs of students, of IPC from Coimbra, see if there is concern about the risks of consumption and the importance given to this issue.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated study with a non-probability convenience sample of 866 students attending IPC schools in Coimbra. The evaluation protocol includes a questionnaire, covering initially a description of socio biographical data of the participants, and then, developed a second part which assessed more conceptual consumption habits of drugs and other substances of students IPC.

**Results:** We found that in the 866 students, 18.5% (160) students with average ages of 21 years, consume legal drugs from smartshops. In terms of students' concern at the possible consequences that arise from the consumption of legal drugs, it was found that most respondents are more or less concerned about the risks associated with use, but 40.9% said that this matter is very important at public health.

**Conclusions:** The study revealed that although the population say that this issue is very important in terms of public health, but is more or less concerned about the risks, which shows that the population has no knowledge of the real risks posed by the consumption of these drugs. The number of registered consumers tells us that there is a growing consumption among students, mainly in the younger. The implementation of actions to raise awareness among young people could help reduce public health risks.

### TOBACCO CONSUMPTION AMONG HIGH-SCHOOL ADOLESCENTS

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**Introduction:** Many adolescents today are engaging in health risk behaviors that are unhealthy, addictive, and dangerous. Tobacco is generally the first drug consumed by children and adolescents.

**Objectives:** To analyze tobacco habits among high-school adolescents.

**Methods:** We carried out a descriptive and exploratory study, based on a sample that comprises 680 adolescents attending high schools in the district of Porto. Data collection was done using a questionnaire and took place between June and November of 2005.

**Results:** The adolescents involved in our study was between 15 and 19 years old, 59.6% are female, 13.4% smoke, they started to smoke at a minimum age of 9 and maximum of 19, but on the average they started at 13.67 years old ( $SD = 1.76$ ). They referred that they started to smoke because they "wanted to try", "due to the influence of their group of peers", "for reasons of style", "due to familiar problems". Girls started smoking earlier than boys ( $p = 0.017$ ), the highest percentage of smokers is found among those who drink coffee ( $p = 0.000$ ) and alcohol ( $p = 0.000$ ) and have smoking family members ( $p = 0.001$ ).

**Conclusions:** The findings of our study are similar to those of other authors, showing that adolescence is when most youngsters first come into contact with tobacco. The percentage of smoking adolescents is significantly higher among those that exhibit other risk behaviours, such as alcohol consumption (Dowdell, 2002). Curiosity and compliance with the rules adopted by the group of peers are the reasons that lead the adolescent to start, while pleasure and addiction are the most common causes for continuing to smoke. Smoking friends (Dowdell & Santucci, 2004) and smoking parents (Fritz, 2000) are associated to the development of smoking habits.

### EFFECTS OF A PEER TRAINING PROGRAM ON RISK ASSESSMENT IN ADOLESCENTS

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**Introduction:** The programs of health education should be continuous and multifaceted (Nunes, Breda, 2001). The study aims to evaluate the effectiveness of a program of health education about smoking and create and validate one scale of the risk assessment in adolescents (Escala de Avaliação do Risco em Adolescentes - EARA).

**Methods:** The program consisted of a set of 12 actions of health education, directed experimental to one group (students in 7th and 8th grades of the Schools of Oliveira de Azeméis). A random sample in clusters is composed of 310 students. The control group consists of participants 153 and 157 participants per experimental group. This is an experimental study randomized "before-after with control group". In this study, existed three observations.

**Results:** The validity of the EARA, a whole of 11 items, presents good arguments of fidelity and validity. The internal consistency with Cronbach's alpha was 0.919 and the factor structure with varimax rotation, showed a value of Kaiser-Meyer-Olkin of 0.924. The scale consists of two dimensions: behavior, which explains 45.71% of the variance and self-esteem, which explains 19.73% of the variance. The longitudinal analysis (Friedman test) reveals there were statistically significant differences in the experimental group elements in repeated measurements on the dimensions self-esteem and behavior.

**Conclusions:** The elements of the experimental group after implementation of the intervention program increased the perception of high risk of substance use, including tobacco, which remained high even after one year. The perception of risk associated with self-esteem and behaviors, including tobacco,

seems to be a very important factor in the prevention of smoking and promoting salutogenic habits.

### MULTIPLE CAUSES OF SUCCESS OR OTHERWISE IN SMOKING CESSATION

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**Introduction:** A better understanding of predictors of success in smoking cessation can help in the identifying smokers who stand a fair chance of quitting. The purpose of the present paper is to review those predictors of smoking cessation that can help in routine clinical consultation.

**Methods:** This is a retrospective, correlational cohort study, which aims to evaluate the effectiveness of smoking cessation services and to identify factors that influence their success. We considered a systematic random probability sample consisting of 395 people enrolled in the outpatient smoking cessation programs of 12 Health Centers in the Central Region of Portugal.

**Results:** The older adults ( $p = 0.001$ ;  $p = 0.008$ ), with self perception of family support ( $p = 0.004$ ;  $p = 0.002$ ), those who said they were able to cut out fewer cigarettes ( $p = 0.005$ ;  $P = 0.051$ ), those who had gone longer without smoking in previous attempts ( $p = 0.004$ ;  $p = 0.24$ ) and those who attended the sessions more regularly ( $p = 0.000$ ;  $p = 0.000$ ), were the ones who achieved greater success in giving up smoking at 3 and 6 months. The members of the groups that had lower nicotine dependence ( $p = 0.018$ ) and those who smoked fewer cigarettes were more successful ( $p = 0.026$ ) at giving up for the first three months. Many of those who did not have any specific treatment were unsuccessful in their attempt to give up smoking. The cases of success in smoking cessation at 3 and 6 months can be explained first, by the use of bupropion, secondly by the use of varenicline and finally, by the use of nicotine substitutes ( $p = 0.000$ ;  $p = 0.000$ ).

**Conclusions:** Smoking is a complex disease that requires a multifaceted approach to implement and strengthen strategies to support smokers wishing to quit smoking.

### SOCIAL REPRESENTATIONS OF YOUNG PEOPLE ABOUT THE LEGAL FRAMEWORK OF DRUG USE IN PORTUGAL

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**Introduction:** The criminalization models of drug use have been shaken by the evolution of knowledge and a more holistic understanding of the phenomenon. Portugal differs because for over a decade it has operated an innovative law that decriminalizes drug consumption (Law 30/2000, November 29). An in-depth knowledge of the Portuguese experience is of a great importance because it can shed light on the impact of the legal context on consumption behaviours. However, the assessment of this impact should be preceded by an analysis of the social representations of the law that regulates drug consumption.

**Objectives:** The present study set out to discuss these social representations.

**Methods:** This is a study based on semi-structured group interviews of 95 young people, aged 15 to 24, as a target group.

**Results:** We found an enormous lack of knowledge about the legal framework regulating drug use in Portugal: 79% of the respondents

think that drug consumption is a criminal offence, even mentioning the greater tolerance shown by the police and courts regarding the use of soft drugs (such as cannabinoids), while the rest (21% of respondents) said they did not know about the current legal framework.

**Conclusions:** These findings are corroborated by other studies and show that the social representation of the criminalization of drug use is (still) dominant in Portuguese society. The results of this study suggest further research that would try to understand the causes of the gap between the legal framework related to drug use in Portugal and its social representations.

### ALCOHOL CONSUMPTION IN YOUNG ADULTS: THE COLLEGE REALITY

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**Introduction:** The young-adult developmental stage constitutes itself a major challenge to affective and interpersonal development and autonomy building (Machado & Almeida, 2000). Knowing that the need for adaptation is often associated with this period, particularly in high education context, and considering that this challenges can generate high levels of stress (Pereira et al, 2009) young people become more vulnerable to engage in risk behaviors, including alcohol overconsumption (Vaughan, Corbin, 2009).

**Methods:** This is a quantitative descriptive study with a convenience sample of 428 students attending University of Coimbra in Portugal. The evaluation protocol included a sociodemographic questionnaire and a questionnaire built to assess drinking habits, evolution, reasons and information about alcohol problems.

**Results:** The results identified the 14-18 years as the most common age to start alcohol consumption (63.8%), with male individuals starting earlier than females. The majority of students referred that consume with friends (93%), more than once a month (31.4%). Although claiming having control over their drinking (92.3%) the students reported negative consequences derived from their consumption. Despite the high percentages of negative consequences, only 4.6% of the sample said they consider themselves as abusers or addicted. The overall sample seems to believe that is well informed on the subject, however the subjects had difficulties objectively describing an addicted person.

**Conclusions:** The results highlight the need for psychoeducational and psychotherapeutic interventions tailored for this age group characteristics. Such interventions are required to address topics as control, consequences and signs, between others.

### THE USE OF PSYCHOACTIVE SUBSTANCES AND THE OTHERS RISKS BEHAVIORS IN DAILY-LIFE AND RECREATIONAL ENVIRONMENTS: A STUDY WITH PORTUGUESE STUDENTS OF HIGHER EDUCATION

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**Introduction:** The abusive consume of drugs and a sexual risk behavior has been target of many researches in higher education environment and has been frequently related with recreational and

academic environments. However, it now makes sense to study the abusive consume as well as risk behaviors associated with it, which are part of student's day to day life, representing risks for physical, psychical and social wellness. Within a project of information and awareness of risk behaviors - There Are Nights Like this!

**Objectives:** It has been developed a research which objectives are: 1) to identify the risk behaviors related with substance abuse, sexual behaviors, road driving, violence and personal insecurity in these college students's daily-life, and 2) to identify if those behaviors whether maintain, reduce or increase in recreational environments or parties.

**Methods:** This study, with a sample of 123 college students, intended to explore the psychometric characteristics of Questionnaire of risk behavior in both daily and recreational context.

**Results:** The factorial structure show the existence of 5 factors that explain 69.99% of total variance, and these indicate that internal consistency was satisfactory. The strongest correlations were those between risk behaviors related to tobacco and cannabis consumption and having consumer peers and with risk behaviors associated to alcohol consume and nocturnal lifestyle. A high percentage of students refers drinking and sometimes lying down after sunrise, presenting an increase in those behaviors when going out at night.

**Conclusions:** These and others behaviors appear to increasingly integrate the daily-life of those students, happening not only in recreational environments.

## 7. HEALTH AND VIOLENCE AT SCHOOL, WORK AND FAMILY

### YOUNG PEOPLE AT RISK: LIFE PROJECTS AND MOTIVATION TO ATTEND PROFESSIONAL EDUCATION

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**Introduction:** Many young people don't find motivation in school to continue their studies. After experiencing several experiences of exclusion in regular education, school failure and dropout, some of them enroll in Professional Courses seeking to build a Life Project. What are their motivations and dreams, what risks they face?

**Objectives:** The present study intends to analyze life projects and motivations of young people attending the Professional Education, as well as learn about the most common risk behaviors.

**Method:** The sample is composed by two hundred and six individuals (N = 206) who attend professional courses (M = 19.63; SD = 2.88). A questionnaire was used to analyze the goals of life (PIL-R) and a scale for assessing motivation to learn in elementary students (EMA).

**Results:** The final outcome suggests that the majority is highly motivated in attending a professional course. At the same time, they pursue the life goal of achieving a professional career, which will lead them to get a job after a short period of time. It is noted as a risk factor that most respondents drink alcohol and some of them consumed marijuana. They hope to be happy, have a pleasant life, living with whom they like and avoiding painful or annoying situations.

**Conclusions:** The intrinsic and extrinsic motivation appears at the same level of importance for these students. Nevertheless, the intrinsic motivation is more likely to be essential when the group of

students want to continue their studies in a higher level, whereas the extrinsic motivation is more focused in the group that is not expected to keep on studying.

### ANTISOCIAL BEHAVIOURS IN ADOLESCENCE: STUDY WITH A PORTUGUESE SAMPLE

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**Introduction:** Within the framework of developmental psychology there is wide consensus on the complexity of antisocial behaviours, particularly during adolescence when individuals face considerable changes at various levels.

**Objectives:** We intend to clarify and answer some questions concerning the antisocial phenomenon that remain unanswered, especially those regarding different types of behaviours and significant variables that may be involved, such as social skills, self concept, personality, family relations, socioeconomic status, and gender.

**Methods:** A sample of 131 Portuguese students between 5th and 9th grades, were asked to fill, in classroom, a sociodemographic questionnaire and the portuguese versions of YSR (Achenbach, 1991; Fonseca et al, 1999), Rel-Q (Schultz, Selman, 2003); SSQ-Student Form (Gresham, Elliott, 1990; Mota, Matos, Lemos, 2011); FES (Moos, Moos, 1986; Matos, Fontaine, 1992); PHSCS-2 (Piers, Hertzberg, 2002; Veiga, 2006), and EPQ-J (Fonseca, Eysenck, 1989). Parents were also asked to fill CBCL (Achenbach, 1991; Fonseca et al, 1994) and a sociodemographic questionnaire.

**Results:** Significant differences (< .050) were found between individuals who reported having (30%) and not having had (70%) antisocial conducts in several dimensions of personality, self-concept, social skills, and family environment. Furthermore, some of those dimensions were found to predict the score obtained in some factors from YSR and CBCL.

**Conclusions:** The important role of the analysed variables to understand antisocial conducts becomes clear. Our results mark the beginning of a path towards the construction of a developmental psychology based model, able to enlighten some of the uncovered aspects of the antisocial phenomenon in adolescence.

### PSYCHOMOTRICITY AND VIOLENCE: FUNDAMENTALS AND THERAPY RESPONSE

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This communication is intended to present the latest data on the implications for children of parental and interparental violence. It will be discuss bullying situations as a result of a disruptive family involvement, with deficits in attachment and inadequate and/or aggressive education styles. We present some new perspectives regarding interventional responses in this area, emphasizing methodologies, like body mediation and movement, focusing on the psychomotor intervention. In this sense, we present a clinical case study, including past history, symptomatic and behavioral characterization and description of the therapeutic journey. We will highlight the contribution of psychomotor intervention in the context of mental health. This case study relates to a deficit in patterns of family interaction. The project is based on a possibility of therapeutic intervention with its foccus on psychomotor activities as relaxation, plastic and body expression and social skills training, ensuring a pleasant relationship through tonic emotional dialogue. Thought formal and informal evaluation, it

was observed a greater reflective capacity, greater availability in the relationship, increasing confidence with himself and with others, greater impulse control, reduction of conflicts in their various contexts of action and greater capacity for neuromuscular relaxation. Note that positive results were measured by formal and informal assessment.

### NURSING INTERVENTIONS FOR PREVENTING CHILD MALTREATMENT: A SYSTEMATIC LITERATURE REVIEW

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**Introduction:** Child maltreatment is a complex and multicausal problem, with serious and irreversible physical, cognitive, emotional and social development consequences. The repercussions are reflected not only in childhood but also in adolescence with manifestation of symptoms like depression, anxiety, suicidal thoughts, school absences, and risk or deviant behaviors. With consequences in adulthood such as the intergenerational perpetuation of abusive behavior in a continuous maltreatment cycle.

**Objectives:** Identify nursing interventions that promote the transition of the parental role in order to protect the child and prevent the risk of abuse or neglect.

**Methods:** We used a treatment protocol of literature review technique for the search of the best empirical evidence in EBSCOhost scientific database, published in the last decade (between January 2002 and December 2012). The research question was developed based on the PICOD methodology: "What nursing interventions promote the transition of the parental role in order to protect and prevent the risk of child maltreatment?"

**Results:** Were obtained 14 empirical studies that show the progress of nursing discipline in child protection and abuse prevention through programs implemented in the last decade and that contributed in favor of upholding children's values and rights.

**Conclusions:** The intervention at three levels of prevention (primary, secondary and tertiary) contributes not only to improve the quality of the life of children at risk but more widely to benefit the society. It is essential to evaluate the effectiveness of programs, its limitations, the perception of the individual participants and apply its results, improving the practice to safeguard children at risk.

### CHILDHOOD FAMILY VIOLENCE EXPOSURE AND SELF-RATED HEALTH IN YOUNG ADULTHOOD IN LATVIA

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**Introduction:** Family violence exposure in childhood is considered as a risk factor for long-term health related consequences in later lives of the individuals (Olofsson et al, 2012). Other factors as family structure and social environment and young adults' health behaviors also may be related with poor self-related health (Heard et al, 2008; Roustit et al, 2011).

**Objectives:** To assess the relationship between childhood family violence exposure and self-related health in young adulthood in Latvia.

**Methods:** The primary data source is representative cross-sectional population survey about adverse childhood experiences (ACE) conducted in Latvia (2011). A total of 1223 young adults aged 18-25 years were included in analysis. In study dependent variable was self-rated health. Independent variables: gender, family related factors in childhood and health behavior related factors - smoking, alcohol abuse, physical activity in young adulthood. Regression analysis was performed.

**Results:** Those respondents who had experienced physical (OR = 2.4 (95% CI = 1.6; 3.5);  $p < 0.001$ ) and emotional (OR = 2.0 (95% CI = 1.4; 2.7);  $p < 0.001$ ) violence in childhood had higher odds of lower self-rated health in young adulthood after adjusting for gender, family related factors in childhood and health behavior related factors in young adulthood. No statistically significant associations were observed between lower self-rated health and experienced sexual violence ( $p > 0.05$ ).

**Conclusions:** After controlling for gender, family related factors in childhood and health behavior related factors - smoking, alcohol abuse, physical activity in young adulthood, there remained relationship between physical and emotional family violence exposure in childhood and higher odds of lower self-related health in young Latvian adults.

### EMOTIONAL ABUSE OF ITALIAN PRIMARY SCHOOL CHILDREN BY TEACHERS

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**Introduction:** Research on child abuse and neglect has been largely ignored, in particular in the school environment nonetheless produces the most destructive consequences of all forms of child abuse that represent a serious social problem as well as matter of primary importance for public health.

**Objectives:** The aim of this study was the investigation on emotional and physical abuse of primary school children by teachers and the effects of the gender, school adjustment and school grade of pupils.

**Methods:** The sample consisted of 384 pupils in the 4th and 5th grade of primary schools of nord-est Italian Republic. The selection of schools was made through a list available on the website of Ministry of Education. The study used a questionnaire with 5-point rating scale completed in class by a sample of children.

**Results:** Emotional abuse was found to be experienced by students in this study was dominating. More of them (64.4%) reported emotional abuse; almost the 29.3% reported neglect and the 6.3% reported physical abuse. The statistical analysis revealed significant differences between genders ( $p < .001$ ); the boys result the most vulnerable group in all forms of abuse, in particular in 5th grade.

**Conclusions:** Seven form on emotional abuse exist in primary school and considering that its can cause school failure, juvenile delinquency, depression, suicide, anxiety, fear and low social competence. Intense training of teachers by school administrators may be required to improve the quality of relationship between pupils and teacher in order to decrease the prevalence of abuse in schools environment.

### BULLYING IN SCHOOLS: A STUDY OF SCHOOL STUDENTS IN THE REGION OF ALGARVE, PORTUGAL

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**Introduction:** Bullying can be defined as aggressive actions, intentional and repeated performed by one or more children against



other and during a period of time. Several studies have examined the prevalence of bullying among students from various countries showing that this is an international problem and that at least one in ten students is involved in a bullying situation. However, there are still few national studies on school bullying, especially in the southern region of the country.

**Objectives:** Characterize the bullying actions in the school environment, the student role, the feelings associated with these actions and define the characteristics of the offender.

**Methods:** 537 students enrolled in two schools in southern Portugal completed an anonymous questionnaire about one situation they have experienced bullying, describing the student role and feeling about this situation.

**Results:** The results revealed a prevalence of 61.7% cases of physical aggression and 29.7% of physical allocation. 12.7% of students were aggressors, 21.8% were victims and 63.6% were witnesses. 10.6% reported feeling well, 11% showed indifference and 78.4% of students felt themselves badly. It was found that as the age advances, the student increases 1.5 times the probability to be the aggressor and the boys have 5.2 times more likely to come into the role of aggressor in a situation of bullying.

**Conclusions:** It is necessary to implement a school policy involving the school community and to present guidelines for bullying prevention, recognition of situations and appropriate intervention.

## DATING VIOLENCE, THIS EXIST?

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**Introduction:** The main goal of primary health is better health for all, requiring health promotion and disease prevention intervention at community levels. Recognizing that one of the most important and effective agencies for promoting health are educational settings, several programs have developed Machado and colleagues (2012) indicated that 1 in 4 young people in Portugal are victims of teen dating violence.

**Objectives:** To understand the behaviour of young youngsters in the relationships in which they consider to be involved in and to promote awareness to the alert signs of aggressive behaviour in love relationships.

**Methods:** This was a descriptive exploratory study with a sample of 237 students attending secondary school, between 9th and 12th grade. To assess the aggressive behaviours practice or suffered by teens was used a translation and adaptation of the Conflict in Adolescent Dating Relationships Inventory - CADRI (Wolfe, et al 2001). **Results:** 237 students in the 9th-11th year Cacém School .30 of the questionnaire responses were considered invalid Most of the 207 participants are girls (53%), aged between 14 and 21 years ( $x = 16.2$ ,  $sd = 1.2$ ) and have already date (86%). More than half of the participants start dating between 12 and 14 years ( $x = 12.8$ ,  $sd = 1.9$ ), with most of the relationship with most of the relationships during less than 6 months (46%). The initial data show us that almost half of the sample refers to use (44%) or have been victim (40%) of abusive conflict resolution strategies.

**Conclusions:** Use of abusive strategies in conflict resolution, which may be associated with a higher risk for dating violence situations. This justifies the maintenance of educational health, giving space to think about strategies for conflict resolution, weighing up projects

## 8. MENTAL HEALTH

### IMPLICATIONS OF PREPARATION FOR HOSPITAL DISCHARGE ON THE MENTAL HEALTH OF INFORMAL CAREGIVERS

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**Introduction:** Participation for hospital discharge benefits elderly cerebrovascular accident victims and their families, so it is pertinent to prepare informal caregivers for a socially secure hospital discharge.

**Objectives:** To characterize informal caregiver preparation for discharge/act of caring; To analyze the influence of informal caregiver preparation for discharge/act of caring on mental health.

**Methods:** Cross-sectional and descriptive, with a non-probabilistic sample of 636 caregivers, aged 17-85 (mean =  $50.19 \pm 14.30$ ), in a region of Portugal. The Mental Health Screening Scale and Hospital Discharge/Act of Caring Preparation Assessment Questionnaire were used.

**Results:** Caregivers have reasonable clinical information on the elderly person (49.4%); they participated in their family member's care (30%); they felt they were only heard a few times about their fears/doubts/feelings (45.6%) and they feel reasonably prepared to care for the elderly person at home (42%). Those who received more information about the clinical status of the elderly person are shown to have better mental health ( $H = 14.078$ ,  $p = .007$ ). Caregivers who never participated in caring for the elderly person and those who do not feel prepared to assume the act of caring show worse mental health ( $H = 13.728$ ,  $p = .008$ ,  $H = 16.166$ ,  $p = .003$ ). **Conclusions:** The evidence suggests that hospital discharge/act of caring preparation influence mental health, making considering these factors essential to planning interventions whose primary focus of attention is aimed at caregiver experiencing transition situations.

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### PROMOTION OF MENTAL HEALTH: HIGHER EDUCATION STUDENTS

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**Introduction:** Higher education students experience transitions processes during their academic period that are conditioned by different factors. The consumption of addictive substances as psychotropics, alcohol and drugs is a reality (Botti et al, 2010) with repercussions in student's mental health.

**Objectives:** Evaluate the mental health of the nursing students relatively to mental vulnerability, towards the mental health inventory (Ribeiro, 1999).

**Methods:** It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. The sample is made up of nursing students of a school in the North of Portugal ( $N = 318$  students). The instrument for collecting data was the mental health inventory (Ribeiro, 1999).

**Results:** We verified that 35.5% are 4th grade students. We emphasize that in the last month: 48.5% referred loneliness, 48.2% felt nervous and apprehensive; 68.6% felt tense and angry; 59.3% felt sad; 65% showed to be anxious and worried; 45.3% referred feeling under great pressure and stress and 61.4% felt depressed. The results point out a statistically significant association between gender and the practice of physical exercise (male students practice more physical exercise than female ones,  $p < 0.005$ ) and with the consumption of alcoholic drinks (male students consume more than the female ones,  $p < 0.002$ ). The students who consume tranquilizers feel more depressed ( $p < 0.027$ ); more nervous ( $p < 0.047$ ) and with few expectations for the future ( $p < 0.037$ ). **Conclusions:** These data are relevant as they allow intervening at the level of the prevention of the disease - in the depression towards the intervention in student who consume tranquilizers and the level of health promotion towards the intervention in healthy living styles.

### SELF-REGULATION AND ALCOHOL CONSUMPTION AMONG ADOLESCENTS IN THE DISTRICT OF VISEU

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**Introduction:** The behavior of self-regulated health includes the impulse control and the mobilization of thoughts, feelings and behaviors for purposes of long-term health.

**Objectives:** Analyze the relation between sociodemographic variables, of school context, lifestyles, involvement and expectations towards alcohol and psychological variables (self-esteem and self-concept) with the powers of self-regulation in adolescents of secondary school in the district of Viseu.

**Methods:** Quantitative, cross-sectional, analytic, descriptive and correlational research model. 971 public and cooperative high school students participated. The evaluation protocol includes the Alcohol Involvement Scale for Adolescents by Filstead & Mayer (1979) adapted by Fonte & Alves (1999), the Questionnaire of Reduced Self-regulation (Carey, Neal & Collins, 2004) adapted by Castillo & Dias (2009), the Questionnaire of Expectations in relation to Alcohol for Teens (Pilatti, Brussino & Godoy, 2010), Self-Esteem Scale of Rosenberg (Romano, Negreiro & Martins, 2007), Clinical Inventory of Self-concept (Vaz Serra, 1984) and demographic data, school and lifestyles.

**Results:** Self-regulation (total) was influenced by involvement with alcohol, expectations regarding alcohol, self-esteem and negative self-concept in two dimensions (psychological maturity and impulsivity/activity).

**Conclusions:** The development of skills of self-regulation proves to be an investment in health since the teenager with a self-regulated behavior assumes healthier lifestyles, revealing a lower involvement with alcohol.

### RESILIENCE LEVELS AMONG A GROUP OF PORTUGUESE ADOLESCENTS

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**Introduction:** Resilience is the ability to reach goals despite adversity. Some differences concerning this adaptation skill have

been evidenced, specifically between genders. Nonetheless, other factors can also influence, like the family structure and the socioeconomic level.

**Objectives:** To evaluate the level of resilience among a group of Portuguese adolescents, and to find its correlation with social and personal variables.

**Methods:** This is a quantitative descriptive correlational research study, with a non-probabilistic convenience sample of 43 adolescents attending the 8th grade, with ages between 13 and 15. A self-fulfilling questionnaire was used, with socio-demographic questions, along with the Portuguese version of the "California Healthy Kids Resilience Assessment Module" (Version 6.0). This scale evaluates internal and external assets of resilience (resilience traits and protective factors, respectively). All ethical procedures were completed.

**Results:** The adolescents considered themselves to possess a good resilience (mean of internal assets of 3.168 and SD of 0.07989; mean of external assets of 2.903 and SD of 0.07217). A significant correlation between age and external assets ( $p < 0.05$ ), like familiar and scholar involvements, was also found. Additionally, other characteristics such as gender (female); performing extracurricular activities; having friends of the same age out of the school environment; having a best friend or live with brothers, have shown to have a positive influence on the resilience levels.

**Conclusions:** The results reveal that the adolescents present good levels of resilience. However, there is a need to increase this skill among certain groups, which have shown to present particular characteristics related to lower levels of resilience.

### ATTACHMENT, TRAUMA AND POSTTRAUMATIC GROWTH: A LITERATURE REVIEW

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**Introduction:** Longitudinal research has emphasized the role of attachment in the trajectories of (in)adaptation, in particular its implications in the quality of development (Waters et al, 2000; Grossmann et al, 2005), approaching the analysis of psychological processes and their relationship with mental health (Mikulincer, Shaver, 2012).

**State of the Art:** This study includes an extended literature review emphasizing the internal working models and their relationship with the trauma, assuming that early experiences influence the socio-emotional interpretations that an individual makes of the world, the way it deals with interpersonal problems (Egeland & Carlson, 2004) and behavior strategies that distinguish its functioning (Bowlby, 1973). Contrary to the Psychology history that mainly focuses on the negative trauma effects (Fonseca, 2011), a set of studies have been developed over the last decades that include many traumatic events which indicate a resistance or struggle against adversity and a perception of post traumatic growth.

**New Perspectives:** Throughout the document there are inter-connect contributions in the correlation of attachment theories as a possible pointer of posttraumatic growth with specificities in regards to the nature of this relationship.

**Implications:** Research suggests that a secure attachment style allows the individual to successfully integrate traumatic memories into pre-existing schemas (Gwynn, 2008) and assign a greater openness and cognitive flexibility, using new information in decision making and social judgments (Mikulincer, 1997), and may set up a bridge with the perception of growth.

## RISK FACTORS IN THE DEVELOPMENT OF ANOREXIA NERVOSA ACCORDING TO YOUNG FORMER PATIENTS

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**Introduction:** There is no consensus about the risk factors specific to anorexia nervosa. Multiple studies establish elevated perceived pressure to be thin, body dissatisfaction and negative affect as the main risk factors. Risk factors seem to be related not just with sociocultural and individual dimensions but also with family issues. However, little is known about their relative contributions.

**Objective:** The aim of the study is to understand how young former patients perceive the emergence of anorexia nervosa. It will be explored specifically what risk factors are mainly identified by former patients.

**Methods:** Using a qualitative method, 20 semi-structured interviews with former patients were conducted. This study is integrated in a larger study about trajectories of recovery. Data were analyzed following the procedures of Grounded Theory.

**Results:** If some participants conceived the phenomenon as related to the pressure to be thinner (7 in 20) and start the restrictive diet after school prevention actions about eating behaviors, others (8 in 20) conceived the phenomenon as mainly related with socio-family factors, namely family opposition to personal choices, communication difficulties, presence of criticism and high family expectations, family overprotection or disengagement, interpersonal difficulties with peers. A third group (5 in 20) conceived the start of this phenomenon as an unexplained one, more related, in retrospective, with psychological traits (perfectionism and low self-esteem).

**Conclusions:** The results offer clues to reflect about health prevention programs, namely the possible paradoxical effect of school prevention strategies centered in eating behaviors, and the importance of the involvement of the family in prevention actions.

## SELF-CONCEPT AND SUICIDE IDEATION ON THIRD LEVEL EDUCATION STUDENTS

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**Introduction:** While attending to higher education, several changes take place in the lives of young students. It is a troubled time, characterized by challenges and uncertainties that might develop mental health problems, namely, suicidal behaviours.

**Objectives:** Assess the students' self-concept and suicide ideation and its relation with some socio-demographic, academic and behavioural variables.

**Methods:** Exploratory, quantitative and descriptive study, applied on a sample of 1074 students of IPViseu. The data collection was made through an online platform that included a survey with questions related to the socio demographic and academic profiling of the students; Clinical Inventory of Self-Concept (Serra, 1985); e o Suicide Ideation Questionnaire (Ferreira e Castela, 1999).

**Results:** Ages of the students oscillate between 17 and 49 (average of 23.9 years old), where the majority (64.7%) are females, possessing a good sense of self-concept (average of 75.9) and a low suicide ideation (13.8) on a scale from 0 to 180, we found statistically significant connections between all of the dimensions of self-concept and suicidal ideation ( $p = 0.002$ ).

**Conclusions:** Based on all individual, familiar and social repercussions of suicidal behaviours on young students, we consider that all the tertiary education institutions should develop suicide prevention programs in academic environments.

## SELF-CONCEPT, ATTACHMENT PATTERNS AND SUICIDE IDEATION IN NURSING STUDENTS

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**Introduction:** Several studies have shown a significant increase of suicidal behaviours. According to the World Health Organisation, about 1 million suicides occur annually, all around the world, being one of the three main causes of death between the ages of 15 and 34 years old.

**Objectives:** Assess self-concept, attachment pattern and suicide ideation on nursing students and its relation with some socio-demographic, academic and behavioural variables.

**Methods:** Quantitative study, upon a sample of 378 nursing students. The data collection was based on the Clinical Inventory of Self-Concept (Serra, 1985); Adult Attachment Scale (Canavarro, 1995) and Suicide Ideation Questionnaire (Ferreira e Castela, 1999).

**Results:** The student majority possesses a good sense of self-concept (average of 74.4) obtained on the Clinical Inventory of Self-Concept; the majority (58,7%) has a secure attachment pattern; the average obtained on Suicide Ideation Questionnaire was 9,6 on a scale from 0 to 180; we found statistically relevant connections between self-concept and suicide ideation ( $p = 0.000$ ), we also found meaningful statistical connections between suicide ideation and insecure attachment patterns ( $p = 0.000$ ) and the existence of psychiatric illness in family history with values of  $p = 0.002$ .

**Conclusions:** The study results show that some students present emotional and mental health problems, however we can conclude that the nursing students possess a good self-concept, a safe attachment pattern and low suicide ideation.

## HIGHER EDUCATION STUDENTS' MENTAL HEALTH: INFLUENCE OF SOME SOCIO-DEMOGRAPHIC, ACADEMIC AND BEHAVIOURAL VARIABLES

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**Introduction:** Attending at higher education demands changes in the routines, the interpersonal relations and the way the student sees himself and the world. Change means adaptation, and when the student is unable to develop coping strategies in order to respond, such change affects his/her well-being and therefore his/her mental health.

**Objectives:** Assess the students' mental health and analyse its connection with some socio-demographic, academic and behavioural variables.

**Methods:** As research methodology we used metanalysis based on a systematic review of six previous studies, which analysed the mental health of 1338 students attending several areas of

**Results:** Age of students oscillates between 17 and 54 years old, with an average of 21.43 years old. The majority (83.8%) attends to the intended area and (81.4%) are satisfied with it. (77.4%) deny smoking habits, (70.7%) declare themselves regular consumers of alcoholic beverages and 51% of the students admit having consumed some kinds of illicit drugs. Age, gender and marital status do not influence the students' mental health, however there were found statistically relevant connections between the students' mental health and the

attendance of the course, and the satisfaction with it ( $p = 0.000$ ;  $p = 0.002$ ) respectively. Although without no statistical significance, we verified the existence of connections between mental health and student-worker status, and the number of academic failures. **Conclusions:** The results of the survey present a significant percentage of students who display low levels of mental health. Therefore, the concern with the students' mental health should be a priority and worth the focus of institutions, parents and health professionals.

### KNOWING THE SYMPTOMS OF ILLNESS TO CARE FOR THEIR MENTALLY ILL FAMILY

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**Introduction:** The disclosure of the difficulties that family feels taking care of the mentally ill is a major contribution to improve the quality of patient care and support to the family.

**Objectives:** Find out the opinion of the informal caregiver as to the prejudice of their sick relative with schizophrenia; Whether the informal caregiver understands the symptoms presented by the mentally ill; Realize if tacking care of the patient causes physical, financial and emotional the informal caregiver.

**Material and methods:** Case study, qualitative of a natural phenomenological. The data gathered from the informal caregiver, was performed using a semistructured interview, containing questions regarding care for the patient with schizophrenia, specifically about the perception of symptoms, family burden and prejudice.

**Discussion of results:** We notice that the informal caregiver, seeks to be informed about the disease, demonstrating know the symptoms presented by the patient, denoting he had already been verbally and physically assaulted by a patient. He identified incurable and dangerous as the only aspects pertaining to the prejudice of schizophrenia and recognizes loss in social and leisure activities, family interaction with the patient and concern for the future are factors of family burden.

**Final thoughts:** Taking care of the patient with schizophrenia causes physical and emotional burden to the informal caregiver, and it's also associated with a high risk situations of verbal and physical aggression by the patient.

### PUBERTAL DEVELOPMENT AND PSYCHOLOGICAL SYMPTOMS: PRELIMINARY DATA IN A PORTUGUESE SAMPLE OF 11-15 YEARS-OLD STUDENTS

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**Introduction:** Assessment of mental health in children and adolescents usually takes into account demographic factors such as age and sex. However, much fewer data exist concerning pubertal development.

**Aims:** to develop a consistent Portuguese version of a brief self-rating scale of pubertal development (SPD, Carskadon, Acebo, 1993, adapt. from Patersen et al, 1988 based on Tanner stages), and to examine whether psychopathological symptoms in 5th to 9th grades students vary according to their pubertal status.

**Methods:** After informed consent by students and their parents, a convenience sample of 138 students (68 M), 11-15 yr-old ( $M = 12.55$ ,  $SD = 1.54$ ), completed the Portuguese versions of the SPD and of the YSR Achenbach inventory of psychological symptoms.

**Results:** Cronbach alphas for the SPD were .81 (boys) and .70 (girls); corrected item-total correlations ranged from .43 to .67. In boys, age was inversely associated with YSR-scale IV scores, and puberty scores were correlated with YSR-scale VII (at least  $p < .05$ ). In girls, numerous significant associations emerged between puberty scores and YSR scales, specifically scales II, V, VI, VII, VIII, externalizing and internalizing, whereas only YSR scale VI was significantly associated with age.

**Conclusions:** Preliminary results suggest adequate internal consistency of the Portuguese version of the SPD. There were several associations between pubertal status and psychopathological symptoms, especially in girls. These findings suggest that pubertal status should be considered when screening youth mental health, and in planning health education programs. [SUPPORT: SPD and YSR costs supported by FCT/COMPETE Research Project PTDC/PSI-EDD/120003/2010, and by the Dep. Education, Univ. Aveiro, Clinical Psychology Master Degree]

### STUDY OF THE SELECTIVE ATTENTIONAL PROCEDURE OF EMOTIONAL STIMULUS IN NON-DEPRESSED AND DEPRESSED OLDER PEOPLE

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**Introduction:** During the process of ageing it is verified a deterioration of attentional processes (Antón, 2007, Franco & Cabaco, 2008, 2009) and a high frequency of depressed states (Snowdon, 2001). Research results evidences that emotional characteristics (neutral vs positive vs negative) of a stimulus and the people's characteristics (e.g. emotional state) determine the way how this stimulus is selectively attended (Shane & Peterson, 2007).

**Objectives:** With this study it is evaluated the attentional interference produced by emotional words in non-depressed and depressed older people.

**Methods:** 200 older people participated, between 60 and 88 years old ( $Mean = 67.7$ ;  $DP = 6.9$ ), being 134 (67%) females and 66 (33%) males. 130 (65%) without depressive symptoms and the other 70 (35%) with light and severe depressive symptoms, with base on the Geriatric Depression Scale (GDS) (Barreto, Leuschner, Santos & Sobral, 2003). Specifically to this study, it was built an evidence named emotional Stroop, a variant of the classic Stroop paradigm where words of different colours assume several emotional meanings, distributed by three blades (neutral, emotional and activator). In each of them it can only be named the colour of the words independently of its emotional meaning.

**Results:** Significant statistic differences were found between the two groups, with the depressed participants naming less colours of words than the non-depressed ones in any of the blades.

**Conclusions:** The results obtained suggest that the depressed older people experience the effect of attentional interference under emotional stimulus, supporting a coherent relation between the emotional state and the selective attentional procedure.

### PORTUGUESE YOUTH MENTAL HEALTH LITERACY ABOUT SCHIZOPHRENIA

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**Introduction:** Mental health literacy about psychotic disorders, specifically schizophrenia, may assist in appropriate help

seeking and early intervention, preventing the exacerbation of symptoms and improving health outcomes in the medium and long term.

**Objectives:** Evaluate mental health literacy about schizophrenia in a sample of Portuguese youth.

**Methods:** A mental health literacy questionnaire - QuALiSMental - (Lourerio, et al, 2012) was administered to a random sample of Portuguese youth aged 14-24 years (n = 4938). This questionnaire evaluated the following components: recognition of disorders, knowledge about professionals and treatments available, knowledge about the effectiveness of self-help strategies, knowledge and skills to support and providing first-aid to others, and knowledge of how to prevent mental disorders.

**Results:** Schizophrenia and psychosis were recognized by 42.17% and 22.21%, respectively. Most young people recognized the potential helpfulness of family doctors, psychologists, psychiatrists, and mental health services. There was also the belief in the potential helpfulness of family and friends, and lifestyle changes. Appropriate mental health first aid strategies were commonly endorsed, but there was a reluctance to ask about suicidal feelings and many endorsed speaking to the person firmly. Lifestyle factors were also commonly believed to be preventative.

**Conclusions:** Mental health first aid skills of young people also need improvement.

## MENTAL HEALTH AMONG PORTUGUESE WOMEN WITH BREAST-CANCER

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**Introduction:** The prevalence of breast cancer is high and is often followed by depressive symptoms. Researchers have determined that coping strategies used by women with breast cancer are a vital component for adjustment to their disease. Studies have demonstrated that depression play significant roles in women's adjustment to breast cancer.

**Objectives:** To determine the coping strategies with breast cancer and to explore psychological variables depression and on coping strategies among Portuguese women diagnosed with breast cancer.

**Methods:** 150 breast-cancer-diagnosed Portuguese women users of an Oncology Hospital. Socio-demographic and clinical data were collected using a questionnaire designed for that purpose. We used the Portuguese version of the Mental Adjustment to Cancer (Pais-Ribeiro, Ramos, & Samico, 2003), the Medical Outcomes Study Social Support Survey (Fachado, Martinez, Villalva, & Pereira, 2007) and the Beck Depression Inventory (Vaz Serra & Pio Abreu, 1973).

**Results:** Most women had some depressive symptoms (19 ≥ BDI ≥ 13, 25.1%), and 56.5% are depressed (BDI ≥ 20). Associations between depression and coping strategies to breast cancer were found. There is a significant association ( $p < 0.01$ ) between helplessness/hopelessness and anxious preoccupation and levels of depression, indicating that increased helplessness/hopelessness and anxious preoccupation were associated with more symptoms of depression ( $p < 0.01$ ). Depression is the variable with the greatest predictive power in the use of coping strategies to disease.

**Conclusions:** Psychotherapeutic support for women with breast cancer should be considered in order to prevent the development of psychopathology.

## LITERACY IN MENTAL HEALTH: RELATIONS WITH SHAME AND SELF-CRITICISM IN MENTAL HEALTH CARE PATIENTS

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**Introduction:** Despite the availability of efficacious treatments, mental illnesses are underrecognized and under-treated with only 1/3 to 1/2 of adults with mental illness receiving services (NCS-R). Considering the high impact of mental illness in various areas (eg.: personal burdens, economic impact, health outcomes and suicide risks), mental health literacy (MHL) has been proposed as an effective way of improving the likelihood of accessing services (Coles, Heimberg & Weiss, 2011). However, there are, to our knowledge, no studies with clinical populations assessing the relation of MHL with shame and self-criticism.

**Methods:** This is an ongoing quantitative descriptive and explanatory study with a convenience sample of mental health care patients (estimated N = 400). The evaluation protocol includes sociodemographic questionnaire, the Opinions about Mental Illness (Cohen & Struening, 1962), Internalized Shame Scale (Cook, 1996), Other As Shamer Scale (Goss, Gilbert & Allan, 1994) and Functions of Self-Criticism Scale (Gilbert et al, 2004).

**Results:** We intend to demonstrate that shame and self-criticism are associated with lower levels of MHL. We hypothesize that, according to the diagnosis, different levels of MHL, shame and self-criticism will be found and different patterns between these variables will emerge.

**Conclusions:** Research has proven that the label of psychiatric illness is stigmatising, but the effects of this stigma in practice seem to be complex (Hayward & Bright, 1997). We intend to clarify the role of self-stigma in well being through the relations between shame, self-criticism and MHL. We think that MHL should be promoted in psychiatric settings assuming that the knowledge of one's illness can decrease levels of shame and self-criticism.

## 9. HEALTH, IMMIGRATION AND INTERCULTURALITY

### AN ETHNOGRAPHIC STUDY TO EXPLORE CULTURAL ENCOUNTERS IN HEALTH CENTRES IN SPAIN: A RESEARCH PROTOCOL

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**Introduction:** The Spanish "Healthy Child Program" for Primary Care was introduced in 1984 to improve population's health through health promotion (HP), prevention and health recovery activities developed through check ups of children in regular health visits. The multicultural reality of the country has generated new challenges for health professionals working on health education (HE) and HP with families from different cultural backgrounds.

**Objectives:** A research protocol for the study of the cultural encounters in between nurses and families with children during the health visits will be presented. This research will provide insight into how nurses promote health and educate families and children from different cultures.

**Methods:** An ethnographic approach with observations and interviews will be used. Encounters will be observed to identify when and how HP and HE take place, and the potential influence of culture in the interaction between nurses and families. Interviews with nurses and families will help to identify feelings, attitudes, and perceptions towards the HP and HE activities carried out. Data analysis will be done following ethnographic principles.

**Results:** The literature shows that health professionals often felt frustrated when interacting with people from other cultures and did not respond adequately to their health needs. Families from other cultures felt that their views on health and health care, their lifestyles, behaviors and education of children were not taken into account. Carrying out this research will allow to better understand what happened during the cultural encounters and what can be done to improve nurses' work.

**Conclusions:** This study will allow the design of interventions aiming at increasing the cultural competence of nurses.

### PERCEIVED CULTURAL CARE DURING LABOUR BY IMMIGRANTS IN PORTUGAL

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**Introduction:** In being aware of the perceptions of parturient immigrants during labour, the nurses of Maternal and Obstetric Health can promote culturally congruent care.

**Objectives:** To assess the perceived cultural care of puerperal immigrants during labour

**Participants and methods:** This is an observational quantitative, cross-sectional descriptive and correlational study. The sample consists of 868 parturient immigrants admitted to 34 Portuguese maternity wards. The instruments used for data gathering were a questionnaire and a scale for perceived cultural care (V. Parreira (2010)).

**Results:** Participants who were 36 or older, had higher education levels, were assisted in maternity wards in the Greater Lisbon Area, with a monthly household income below 500 euros, with a weak agglomeration index, whose pregnancy was monitored, who were not accompanied by a significant other, who did not have the epidural and who did not attend childbirth preparation classes presented a worse perception of cultural care, disagreeing with having been the target of culturally appropriate care unlike those who had a planned pregnancy. For those participants whose pregnancy was monitored appropriately, who were accompanied by a significant other, received analgesia, attended childbirth preparation class and who were assisted in the Central region, even though they were a target of appropriate cultural care, they were not so in terms of communication, environment, material culture and time.

**Conclusions:** Some immigrants disagree that they were recipients of appropriate cultural care, which may be a reflection of the lack of cultural sensitivity and training of nurses at the time of the interaction.

### PEER MEDIATION AS A STRATEGY FOR SOCIAL AND CLINICAL INTEGRATION

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In Europe, the possibility of accessing health and social services is increasingly considered a primary indicator of the integration

of migrants. Some normative references, such as the resolution of the WHO in 2008, have formalized the importance of health in promoting social inclusion and integration in respect of citizens coming from other parts of the world. In terms of such a view, in many countries the efforts are concentrated on the widening of the offer of sanitary services rather than on the creation of a culture of competent use of such services. Generally, this involves the presence of new services that are very well structured, but little used. This paper aims to describe how the strategy of "peer mediation" allows to fulfill the need for social inclusion in a permanent and far-sighted. Indeed, the "peer mediation" is applied to children and enables a virtuous circle based on the competence to identify situation or people who do not turn to services, to define the praxes of uses of the present services and to favour the acceptance of the necessary subject of aid. It has gone therefore from a monocultural approach which instructs the school to transmit a single reference system of knowledge, values and categorisations, and that hypostatizes the existence of a "culture" that is static and irreducible, to an intercultural approach, that identifies the school as a space for the construction of culture, and as an area of active and shared research. It is "cross-cultural" because it does not belong to one culture or another, but generates an interaction among the subjects that participate.

### IMMIGRANT WOMEN AND WORK-FAMILY CONCILIATION: HEALTH RISKS

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**Introduction:** This communication integrated in a study case of the scope of Ph. D. project in Social Psychology, presents and discusses the results of a qualitative research that took place in Portugal about feminine immigration and work-family.

**Objectives:** Based on empirical Brazilian, Cape Verdean and Ukrainian communities that are present in Portugal, this study aims to characterize the experiences and analyze the discourses of these women in terms of reconciling family and professional life, as well as knowing the strategies used to facilitate reconciliation.

**Methods:** The collected information was analyzed using Thematic Analysis (Braun & Clarke, 2006) and Foucauldian Discourse Analysis (Willig, 2008) and sought to understand the implications of the meanings constructed around gender representations in the family life.

**Results:** The results of this study shows how the migration project, for these women, is an enhancement of their family vulnerabilities, employment and social life and helps to generate conflict between work and family life. The professional integration difficulties lead to an excessive increase of their responsibilities in situations of dual configured on women and results in levels of conflict, fatigue, large emotional and psychological stress that interferes in the family life as well as in the professional life (Jiménez-Moreno & Rodríguez, 2012). We observed that the asymmetry in domestic responsibilities, the scarce economics resources and the difficulties in reconciling all of this does not allow enjoyment of leisure time.

**Conclusions:** Considering the increasing of feminization of the migrations in Portugal, this communication pretends to contribute to a new analytical framework in studies on female immigration from a gender perspective.

## 10. HEALTH AND LIFE QUALITY

### PIC PROGRAM: IMPLEMENTATION OF THE POSITIVE INSTRUCTIONAL COGNITION IN IMPROVING VITAL SKILLS AND QUALITY OF LIFE

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The present article describes the implementation of an instructional program based on Positive Instructional Cognition (PIC) (Cabaco, 2009). The PIC we develop the three-dimensional competence in this comprehensive education ('learning to know', 'learning to do' and 'learning to be') operativizing it in five different levels: Analysis of the problem, Emotional expression and emotion recognition, Self-knowledge, Reflection and Well-being. First, there is an explanation of the basis of this model, which is founded by the psychological models of world-acknowledged authors such as Viktor Frankl (meaning of life's existential orientation) and Martin Seligman (Positive Psychology), and in the comprehensive human education proposed by the most important international organizations (OECD, Organization for Economic Cooperation and Development). The objectives were evaluated whether the program PIC increases well-being, life satisfaction or happiness developing personal skills, to increase the gratitude, the forgiveness and the character strengths; show his development as evolutive variables of subjects, and observe the interrelations between the variables studied. To implement the program, were established two age levels in adolescents (total sample: 110), with a control group in each, showing results higher degree of well-being, life satisfaction or happiness in younger participants. Finally, the conclusions drawn from the research indicate that more time is needed to implement the program for better results and the significance of work the motivation with subjects who share it.

### HEALTH EDUCATION IN PREGNANCY AND LOW-BACK PAIN

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**Introduction:** Regular and appropriate physical exercise and the adoption of correct posture during pregnancy, have been considered as an important therapeutic measure for the prevention of low-back pain.

**Objectives:** To determine the effects of a (re)education programme for pregnant women in order to prevent low-back pain in respects to its functional limitations and its effects on their quality of life.

**Methods:** This pre-experimental study involved a convenience sample of pregnant women (N = 10), who were followed up in a Health Centre during their childbirth classes, where an educational twelve-week program with exercises to prevent low-back pain was applied. All participants completed as pre and post tests the health-related quality of life questionnaire (MOS-SF36), the Oswestry disability questionnaire; and the visual analogue scale for pain (VAS).

**Results:** We found that the quality of life of the pregnant women increased due to the reduction of body pain, and an increase in the quality of life in the mental component with statistically significant differences in relationship to the commencement of the (re)educational programme ( $p < 0.05$ ). There also occurred a reduction in the intensity of low-back pain after the (re)educational intervention ( $p < 0.05$ ).

**Conclusions:** The results show that this (re)educational programme was effective in the improvement of some dimensions of the quality of life of the pregnant women studied and in the intensity of low-back pain. Therefore, it is necessary to promote a multidisciplinary team in the childbirth classes envisioning low-back pain in pregnant women and improving their quality of life.

### CHILDREN'S AND YOUNG PEOPLE'S ATTITUDES AND FEELINGS ABOUT ARTISTIC ACTIVITIES DURING ONCOLOGICAL TREATMENT

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**Introduction:** Artistic education occupies a relevant area in the context of oncology hospital pedagogical support active as it can promote children's and adolescents' wellbeing to express their emotions while they are undergoing cancer treatment.

**Objectives:** To analyse the attitudes and wellbeing gained from the practice of artistic activities (AA) in the context of child and young people oncological treatment.

**Methods:** The instrument AAATO (Artistic Activities Applied to Cancer Treatment in Children) was constructed and applied in the Portuguese Institute of Oncology (IPO Porto, Portugal) and in the Support Group for Children with Cancer (GACC, Salvador da Bahia, Brazil). In each country, the sample included 75 subjects divided into three groups: Group A, 25 children, aged 2 to 19 years, in oncology treatment and carrying out; Group B, 28 parents; and Group C, 22 elements of the medical and non-medical staff. The present work focuses on the questions related to the responders' perception about children's attitudes and feelings about exercising AA during cancer treatment.

**Results:** In both institutions, the responders had a positive view about AA, though with slight differences. The three emphasized the influence of AA on improving children's and young people's sense of wellbeing during treatments. They further highlighted that AA stimulated their cognitive development, increased self-esteem and contentment.

**Conclusions:** Artistic activities were shown to be important not only for children's and young people's wellbeing but also for their cognitive development, indicating the high relevance of AA and the need to expand the skills in this area to enhance the quality of services provided in paediatric oncology.

### QUALITY OF LIFE PERCEPTION IN THE PEOPLE WITH INTELLECTUAL DISABILITIES

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**Introduction:** There are still very scarce studies performed in the field of quality of life with adolescents with learning disabilities and their parents, which reinforces the need for further investigations.

**Objectives:** In this assumption the aim of this paper is to identify the determinant variables of perception of the quality of life as evidenced not only by adolescents with learning disabilities, but also by their parents / caregivers.

**Methods:** We conceptualized a quantitative, transversal, cross-sectional, descriptive correlational study and resorted to a non-probabilistic sample of convenience, consisting of 40 adolescents with intellectual disabilities, in Anadia and Figueira da Foz, aged between 16 and 23 years old. As instruments of measurement were used the Kidscreen-52, calibrated and validated

for the Portuguese population to evaluate the degree of perception of the quality of life; the Graffar Index to assess socioeconomic status and the Familiar Apgar Scale to determine the subjects familiar functionality.

**Results:** In the study of the quality of life in adolescents with intellectual disability we compared the perception of parents/caregivers of the quality of life of their children with the perception of themselves and infer that the perception that parents/caregivers have of the quality converges with the quality of life that adolescents manifest. There are statistically significant differences only in the dimension Friends.

**Conclusions:** The evidence found in this study invite us to reflect on strategies that in communion efforts with family and caregivers allow to obtain a better understanding, which leads to the creation of interventional, training and informational programs adjusted to the profile of adolescents with learning disabilities.

### IMPACT OF THE CEREBRAL STROKE ON THE HEALTH STATUS OF THE INDIVIDUAL

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**Introduction:** Stroke is a condition which represent a major cause of morbidity in the group of cardiovascular diseases, which means that the consequences related to the inability resultant are represented in the preponderant measure impact on the health of the individual.

**Objectives:** Identify the variables determining the impact of stroke on the health status of the individual victim of this disease.

**Methods:** This is a quantitative, cross-sectional, descriptive-correlational, and resorted to a non-probabilistic sample of convenience consisting of 55 individuals aged 60 years to 92 years, residents in the Country of Sabugal and stroke victims. The data collection instrument incorporates a section of socio-demographic characteristics, clinical characterization of another section, a section featuring the familiar functionality (Family APGAR scale-Agostinho & Rebelo, 1988) and a section of characterization of the measures Stroke impact (Questionario de Impacto do AVC-Ferreira et al, 2011) - QIAVC, calibrated and validated for the Portuguese population.

**Results:** The present work demonstrates that the perception of the impact of stroke on health is lower in males, younger (60-70 years), with better monthly income (over € 1.485), who live primarily with her partner (a) or spouse, who suffered a TIA, and tend to belong to families highly functional.

**Conclusions:** Implications for practice are directed toward putting the family in care of the target in order to improve family dynamics (like many authors recommend.) is also relevant the congregation efforts and coordinate media strategies and intervention models, which can include the family as an integral element in the care process, a logic of empowerment, particularly in this area.

### OPTIMISM, STRESS AND HEALTH OF NURSING STUDENTS

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**Introduction:** Optimism has been associated with a number of benefits for health and well-being of individuals, influencing the assessment of stressful situations as well as actions they undertake to deal with them.

**Objectives:** To assess students' optimism and analyse the interrelationships between the perception of stressful situations, stress symptoms and optimism. The aim is also to reflect on proposals to promote optimism.

**Methods:** This is a quantitative, descriptive and correlational study with a sample of 1283 students attending the Nursing Degree Course in five Schools of Health Sciences of Portugal. The evaluation protocol includes Sociodemographic questionnaire, the Scale of Stress-inducing Situations in Clinical Teaching (Custódio, Pereira & Seco, 2010), Stress Symptom Scale (Custódio, Pereira & Seco, 2010) and the Mehrabian Optimism-Pessimism Scale (Mehrabian, 1998).

**Results:** Students have an average level of optimism. Students' gender does not exert a statistically significant effect on the level of optimism ( $p = 0.178$ ). Students of 4th grade have statistically averages higher than those of colleagues of 2nd and 3rd grades ( $p = 0.003$ ). It is found that there is a statistically significant negative correlation between the optimism and the perception of stressful situations ( $p = 0.000$ ) and stress symptoms ( $p = 0.000$ ). For the stress symptoms the highest average are those relating to cognitive-emotional and physical symptoms.

**Conclusions:** The results show that optimism is associated with a lower perception of stress-inducing situations, protecting the individual from the negative impact of stress. Thus is important to promote an optimistic attitude that enables students to cope with stressful situations in a more effective and positive way.

### QUALITY OF LIFE OF DIABETIC AND NURSING CARE: THE PERSPECTIVE OF ADOLESCENTS

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**Introduction:** The life of a teenager can be changed after the diagnosis of diabetes. In an incurable disease you need to invest in their treatment in order to obtain a better quality of life (QOL). Overcoming the feeling of living with a chronic illness to achieve a good QOL requires primary care nursing team that provides care to adolescents.

**Objectives:** To evaluate the QOL of adolescents with diabetes analyze your opinion about nursing care; relate the opinion of diabetic adolescents on nursing care with their QOL and to identify sociodemographic and clinical variables that influence the QOL of adolescents and their opinion on nursing care.

**Methods:** The study was carried out with a sample of 47 adolescents attending outpatient pediatric diabetology of the Hospital. This is a quantitative, descriptive and correlational investigation. The data collection instrument used was a questionnaire composed by 3 parts: socio demographic and clinical data; Scale of Quality of Life in Young Diabetics that consists in 3 dimensions (Impact, Concern and Satisfaction) and Newcastle Scale (opinions about the nursing care). We used the computer program SPSS version 20.0 for descriptive and inferential analysis of the data.

**Results:** The adolescents who believe that they have good health also think that they have better QOL (86.4%); those who acquire sooner the disease have a worse QOL. The girls (74%) and teens who become diabetic later (87.5%) are more satisfied with nursing care. Self-perceived health, age of the adolescent admissions and the number of variables are statistically related to QOL.

**Conclusions:** Most teens have a positive opinion about the nursing care (72.4%) and consider having good QOL. This study emphasized the importance of the role of the nurse in the adolescent diabetic QOL.



## TO LIVE OR EXPERIENCE YOGA IN THE SEARCH FOR A HEALTHY LIFE

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**Introduction:** Many social, economic and professional events that take place in modern society have put enormous pressure on people, making them sad, unsatisfied and, after a few years, sick physically and psychologically. Yoga is a complete method of physical, mental and moral education, that looks at each individual as a whole (body and mind), in order to create health, balance and quality of life.

**Objectives:** Present a holistic proposal for health, sustained in the fundamentals of yoga. Explain the general benefits and experience some techniques (physical postures, breathing and concentration techniques).

**Methods:** Presentation of the main concepts that support yoga and allow to consider it an ancient practice for health. Realization of a practical activity with physical postures, breathing exercises, concentration and relaxation techniques, followed by a final reflection concerning what was experienced during the practice.

**Results:** The results will be felt by practitioners during and after the practical activity, allowing them to experience some of the benefits associated with this therapy and reflect on the importance of it to improve their quality of life physically and mentally. Clarify possible doubts about the type of practices that yoga offers.

**Conclusions:** It is necessary to sensitize people to the fact that each one is, at least partially, responsible for their good or poor physical and mental health. Changing behaviors and attitudes daily is essential to prevent and treat certain problems. Self-knowledge, both physical and mental, inherent to the practice of yoga helps each individual to be more aware of his health status. Therefore, it will be easier to make the necessary changes in order to meet a healthier life and greater personal realization.

## DAILY LIVING AND HEALTH LIFESTYLE IN STUDENTS OF THE HIGHER EDUCATION

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**Introduction:** The enrollment in higher education is a particular situation requiring changes which, in many cases, tend to have repercussions on the physical and mental health. In light of this, the primary focus of this particular investigation is on identifying health determinants and patterns of risk among students of Higher Education associated with this important period of social interaction.

**Methods:** Correlational study with questionnaire. A stratified sample was used, proportionate to each course and school that includes 272 male students (40.5%) and 400 female students (59.5%).

**Results:** The differences observed from a statistical relative to the variables of age, sex, school, academic retention and, to a lesser extent, the origin, socioeconomic level and participation in extracurricular activities suggest the need for a differentiated approach as far as implementing strategies for the promotion of health education, specifically tailored and appropriate for each group. The fact that no results of statistical relevance can be noted as far as the variable "moving out" suggests a greater influence of the social environment as, a circumstance that points to the need for working on and reinforcing self-protective behaviors. Also

consolidate policies that may establish guarantees of well-being through access to healthy nutrition, sports, and the fostering of cultural and artistic activities. Information about healthy behaviors and the awareness of the risks inherent to excessive consumption and unprotected sexual conduct may become priority for taking action.

**Conclusions:** The creation of a Centre for the Health of Students of Higher Education would allow the evaluation of health and the analysis of risky behaviors, as well as the factors that contribute to it.

## THE INFLUENCE OF PHARMACOLOGICAL TREATMENT ON QUALITY OF LIFE OF HYPERTENSIVE PATIENT

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**Background:** Cardiovascular diseases have an impact on life quality, due to caused disability and the cost with pharmacological treatment.

**Objectives:** To identify the adherence degree of the hypertensive patient to pharmacological treatment; analyze the socio-economic factors influencing adherence to pharmacological and investigate the relationship between this adherence and life quality of hypertensive patients.

**Methods:** A quantitative, cross-sectional, descriptive, correlation and explanatory study; collecting data through a protocol, consisting of sociodemographic, clinical, pharmacological evaluation MAT (Delgado & Lima, 2001), evaluation of hypertensive patients life quality (MINICHAL). Sample with 431 hypertensive patients were inquired from the central region of Portugal, from July to September 2012. These were predominantly female (56, 85%) and the average age is 66, 97 years.

**Results:** Women have a "high adherence" to drug treatment ( $X^2 = 5.747$ ,  $p = 0.050$ ). The hypertensive residents in the village are the ones who have a "low adherence" level, 49.7%. There are no differences in the patients who benefit or not from the user fees ( $X^2 = 1.344$ ,  $p = 0.246$ ). The 65.7% who do not have an exemption on the purchase of therapy have no statistical differences ( $X^2 = 0.411$ ,  $p = 0.521$ ). There is some influence on cohabitation ( $X^2 = 11.732$ ,  $p = 0.001$ ) and marital status ( $X^2 = 11.732$ ,  $p = 0.001$ ), in relation to life quality in patients with hypertension and adherence to drug therapy. The male patients are the ones who have better quality of life - "HTA Impact" ( $U = 18.995$ ,  $p = 0.001$ ).

**Conclusions:** The challenge will be a multidisciplinary approach for a successful drug therapy adherence and an improvement on life quality.

## IMPACT OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE ON QUALITY OF LIFE

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**Introduction:** Chronic obstructive pulmonary disease (COPD) is a disease characterized by chronic airflow limitation, which causes a series of changes that lead to limitation of exercise tolerance, with pronounced negative impact on patients' quality of life.

**Objectives:** To assess the impact of COPD on quality of life of patients with this pathology.

**Methods:** The empirical research was based on a cross-sectional, with correlation guidance, based on a quantitative approach and

on the application of the Saint George's Respiratory Questionnaire (SGRQ) to each participant. The results were processed in SPSS (version 19).

**Results:** The study included 130 patients with COPD, which 113 were male and 17 female with an average age of 71.29 years, being married (79,6%) and professionally inactive (87.65%). Most of the patients present a stage IV disease (45%), smoking history (82%), requiring domiciliary oxygen therapy (45%). The results obtained showed that all COPD patients who participated in this study have decreased their quality of life (QOL) according to its average values, corresponds to 52.18%. The limitations of physical activities were those who most contributed to the biggest loss in QOL (67.1%), followed by symptoms of the disease (53.26) and finally, by the psychosocial impact (43.21%). In addition, a more advanced stage of COPD ( $p = 0.001$ ), and domiciliary oxygen ( $p = 0.000$ ) contributing to a lower QOL in these patients.

**Conclusions:** COPD causes a significant impact on patients' quality of life, by imposing restrictions on physical activity, followed by symptoms that originates and its psychosocial impact, which induces.

## 11. HEALTH EDUCATION AND TEACHER TRAINING

### PERCEPTION FROM PUBLIC SCHOOL TEACHERS OF DF, ON ATTENTION DEFICIT DISORDER/HYPERACTIVITY-TDA/H

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**Introduction:** Students restless and inattentive represent a challenge to the teaching practice and, in some cases; the diagnosis may reveal that the student is carrying the TDA/H. It is important that the education professional has enough subsidies to detect the disorder and proceed with due referral to parents and a health care professional.

**Objectives:** To explore the knowledge level of education professional about TDA/H, highlighting their characteristics and social relevance.

**Methods:** A questionnaire with 22 closed questions, the first two being based on the diagnostic criteria of TDA/H in accordance with DSM-IV-TR<sup>TM</sup>, the American Psychiatric Association, others questions were based on specific literature to TDA/H and a self-assessment on TDA/H. Target public: 19 teachers and 3 leaders.

**Results:** The data are worrisome, because 63.6% of teachers surveyed believe in fact that the student be restless and uninterested in school is a matter of lack of education on the parents part, unknowing the neurophysiological aspects involved in the TDA/H and only 18.18% agreed issues related to diagnostic questions prepared by the American Psychiatric Association. As for self-assessment, 31.8% admitted that they know nothing about the disorder.

**Conclusions:** The school education professionals unknown the subject researched and the social relevance, requiring a sensitization process addressed to TDA/H enlightening. There was also an attempt by teachers to transfer the ignorance on the subject to government that promotes few discussions on the subject.

### EVALUATION AND QUALITY IN HEALTH EDUCATION PROJECTS AT PORTUGUESE SCHOOLS

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**Introduction:** The analysis of the implementation process of Health Education in the Portuguese school reality should involve assessment procedures not only in terms of a balance of the action that has been developed, but also by contributing to the optimization of qualitative interventions.

**Objectives:** In the light of this assumption, we aim to reflect on a concrete practice. In particular, with this communication we have the major goal of disseminating the main results and conclusions of the qualitative research entitled "School, Health and Society: Evaluation Studies of Health Education Projects", that we have carried out.

**Methods:** The study focused on five Health Education Projects (HEP) in progress during the academic year 2009/2010. The evaluation has been founded in a démarche de référentialisation, following Figari (1996). Therefore, an Evaluation Framework has been elaborated with the purpose of characterizing reference practices in what concerns the process of constructing a HEP, considering the principles of the Health Promoting Schools (IHPE, 2009; Navarro, 1999). The Evaluation Framework has been designed to gather quality criteria and indicators objectively observable and verifiable, which are essential to justify value judgments.

**Results:** The five HEP showed reference practices in its dynamics. However, only one project registered the quality criteria defined for a "good" project. Based on the literature and the data collected we prepared the document "Reference practices in HEP- Guide the implementation in schools."

**Conclusions:** The study demonstrates quality of HEP, which were implemented. The quality is explicit in the dynamics of the projects. Thus, this study may also contribute to a wider debate that is needed in this area.

### LIFESTYLE HEALTH-RELATED DETERMINANTS: A STUDY ON FUTURE TEACHERS' PERCEPTIONS

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**Introduction:** Health determinants perceptions influence personal behaviours, and consequently, individual health status. Results of different studies point to a high correlation between education and health. It is also recognized that formal education, from basic to higher education, is a privileged environment for health education. It is important to perceive future teachers ideas about health in order to implement more effective methodologies on health education to empower them to control individual health determinants and that they can use in their future practice. This study aims to examine pre-service teachers' perceptions about the importance attributed to lifestyle health-related determinants. It also intends to serve as a basis for a future project focused on the impact of teaching practices in those perceptions.

**Methods:** Questionnaires on perceptions of lifestyle health determinants (duration and quality of sleep, food, physical activity, stress, alcohol, tobacco and other drugs) were applied to 124 students from teachers training courses. Data was analyzed using SPSS program.

**Results:** Food (92.2%), duration and quality of sleep (87.1%) and physical activity (81.5%), appeared mainly in the 3 first places. Stress is most considered in 4th position (61.3%). Alcohol, tobacco and other drugs, are, mainly and respectively, pointed in 5th (56.5%), 6th (54.8%) and 7th (72.6%) position.

**Conclusions:** Food is perceived as the most influent determinant on individual health, closely followed by duration and quality of sleep and physical activity. Drugs are considered the less

## DEVELOPMENT OF EXECUTIVE FUNCTIONS IN PRESCHOOL CHILDREN: APPROACHING NEUROSCIENCES AND EDUCATION IN TEACHER EDUCATION

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**Introduction:** The production of knowledge in early childhood education can no longer ignore the contributions of biology for understanding human development. Nevertheless, it needs to recognize that even the most basic functions of the brain / mind are not purely biological but conditioned by social and cultural interactions of the individual. In this sense, we identify a gap in the educational research that discusses current knowledge of neuroscience with the ideas defended by cultural-historical psychology.

**Objectives:** This work looks to investigate the emergence of Executive Functions in children aged 3 to 4 years old attending early childhood education, from the perspective of cultural-historical psychology.

**Methods:** This is a qualitative, descriptive-participatory study, adopting microgenetic analysis (GÔES, 2000) as research mode. There was used as techniques for collecting and analyzing information: literature review (that was conducted from the discovering, reading and discussion of primary and secondary sources), participant observation and video recordings.

**Results:** The research is part of the doctoral thesis of the author, still in progress; however, a preliminary analyze indicates the possibility to identify the emergence of Executive Functions in children, as well as inadequate interactive processes between teacher-child caused by unfamiliarity of mental functioning of the student, contributing to build the label of "difficult child."

**Conclusions:** The results point to a deficit in teacher training, concerning the biological development of young children, especially about the nervous system. It is understood that the approach between neuroscience and education can enable the construction of a theoretical framework more consistent in early care to infants.

## SEXUAL EDUCATION: CHALLENGES AND REALITIES / A PROJECT OF COMMUNITARIAN INTERVENTION IN SCHOOL

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**Introduction:** This project results from an intervention work by teachers (271 participants) and aimed at raising awareness and training in the field of education in the promotion of health, focusing more specifically of the education for the affects of sexual education.

**Objectives:** i) understanding the legal framework of sexual education in schools; ii) promoting reflection so as to improve the understanding and (in)formation in sexual education, iii) working towards, promoting and evaluating (in)formative workshops in sexual education.

**Methods:** The project followed the methodology of the paradigm of qualitative investigation, although the quantitative data was not forgotten. Focusing on investigation-action, the planned activities were developed with the resource of active methods and techniques, fostering the active participation of the people involved. Four 25-hour courses were held and accredited by the Conselho Científico Formação Continua Professores for primary and elementary school as well as nursery teachers, special education and also a workshop for secondary school teachers, a seminar and three training workshops.

**Results:** The result of the investigation confirmed the importance of these workshops as an important contribution in the training of the teachers, stressing the holistic approach due to biological, psychological and social aspects of sexuality. Moreover, it stressed the need of an education workshop without any false-belief and prejudice.

**Conclusions:** Given that schools today are a place of learning in our society of extreme relevance, this intervention tried to fill a gap in the basic and professional training. Also, the educators promoted skills towards a holistic approach of sexuality, thus, strengthening the skills for an integrated education.

## PROJECT EVALUATION OF HEALTH EDUCATION IN SECONDARY SCHOOLS WITH 3RD CYCLE: A PROPOSED MODELING

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**Introduction:** Once the school has been integrated in the community, it is now understood as an ideal place for the implementation of policies on Health Education.

**Objectives:** Found advantages in having a modeling serving as referent in the preparation of Health Education Projects.

**Methods:** The qualitative methodology proved to be the most appropriate to the interpretive nature of the study (Almeida & Freire, 2008). The procedures used involved, a literature review concerning Health Education and Evaluation Model CIPP (Stufflebeam & Shinkfield, 1987) and the formation of a corpus of documents that included the legislation that fit the issue under study as well as Health Education Projects of 20 primary and secondary schools, analysed using document analysis and 12 individual interviews analysed using data content analysis (Bardin, 2008).

**Results:** The results of this research show that Health Education is an emerging timeless subject, with potential at the curriculum level; modifications on Health Promotion and Health Education determined by the macrosystem had a remarkable influence on teaching practices and schools dynamics; the need and importance of contextual referents of each school in particular is indisputable for the efficacy of Health Education Projects; the target population is rarely consulted; although Health Education Projects do not follow any modeling they naturally include elements of already tested evaluation models.

**Conclusions:** We proposed a modeling serving as referent in the preparation of Health Education Projects to use according to each context such a contribution to a health promoting school, to healthy school policies, to community interaction and coordination with healthing services.

## HEALTH EDUCATION IN EARLY CHILDHOOD EDUCATORS TRAINING: THE PROJECT “LET’S GET HYDRATED!” – AN EXPLORATORY STUDY

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**Introduction:** Health education (HE) is an important component in the education of future early childhood educators. It is critical that during initial teacher training, future educators have the opportunity to develop and implement educational practices with young children that promote healthy behaviors and that they critically reflect on those practices.

**Objectives:** To analyze the impact of an interdisciplinary educational practice developed by future early childhood educators around the theme of hydration, as a means to promote a healthy lifestyle.

**Methods:** Qualitative exploratory case study involving 3 future early childhood educators and 10 young children. A content analysis of the continuous reflections of future educators and of the drawings made by the children before and after the intervention was conducted.

**Results:** Future early childhood educators were unanimous in recognizing the importance of experiential educational practices in promoting their empowerment in the field of HE. They reported the advantages of project work based on problem solving, of teaching resource production, of planning and carrying out activities with young children and of maintaining a continuous reflexive attitude, all of which contributed to promote their ability to think critically and strategically the area of HE. Children understood the importance of drinking and eating foods rich in water and internalized this behavior as a promoter of a healthy lifestyle what is indicative of the effectiveness of the practice conducted by the future educators.

**Conclusions:** Practices of the type performed can help promote effective changes in the field of health education and should, therefore, be further developed and implemented.

## HEALTH PROMOTION IN SCHOLAR CONTEXT. NEEDS AND SKILLS AMONG TEACHERS

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**Introduction:** Studies have shown that the majority of school personnel have an inadequate understanding of diabetes and that parents of children with diabetes lack confidence in their teachers' ability to manage diabetes effectively (Nabors et al, 2003).

**Objectives:** To assess, among teachers, the valorization of Health Factors Influencers, perception of Barriers to Health Promotion in scholar context and perception of Usefulness of ICT in Health Promotion.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated multicentric study with a non-probability convenience sample of 473 teachers of Portugal and Spain primary and secondary schools. The evaluation protocol includes specific questions about management of diabetes for children in school and several questions which we aimed to build and validate three related scales (Health Factors Influencers Scale-HFIS; Barriers to Health Promotion in Scholar Context Scale -BHPPCS; Perception of Usefulness of ICT in Health Promotion-PUICTHPS).

**Results:** The instruments had shown to good psychometrics properties such as the internal consistency and validity of construct. We found that the Training and Knowledge of teachers was the principal barrier, self reported; to health promotion in scholar context, they recognize great usefulness of ICT to Health Promotion in scholar context. The teachers reported too that the major health Factors influencers are the person's ability to take care of himself or herself and the family's ability to take care his members.

**Conclusions:** The results enhance the need to consider the improvement of teacher's training and knowledge for Health Promotion in general and in Diabetes in particular, and that ICT can make a significant contribution in this purpose.

## TURNING THE PAGE: WORKING SEXUAL EDUCATION THROUGH CHILDREN'S LITERATURE

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**Introduction:** The Sex Education (SE) remains, in many cases, relegated to the background in daily school life. It points up the difficulty and discomfort in addressing some topics and also continues to fear up the mentality and parents' reactions. These are some of the reasons that were at the origin of this workshop through which we aim to: 1) clarify what is the realization of intentional SE works with children, 2) Demystify this kind of work, and 3) provide some theoretical and practical examples for participants to carry out this work more safely and effectively.

**New perspectives/guidelines:** We believe that children's literature is a rich field, through which one we can carry out this work. After selecting some books which are appropriate according to the National Reading Plan, we will link its content with the different issues of the ES, namely: gender issues, multiculturalism, self-esteem and violence, among others.

**Theoretical and practical implications:** On one hand, we want to help the educators / teachers to understand the importance and necessity of undertaking SE intentional works in school, since childhood and on the other, to make them aware of the fact that they are thus, to help children to grow up having a less prejudiced perception, more positive and loving their sexuality.

**Conclusions:** We believe that the books of children's literature, especially those aimed at sexual education, expressing messages that may contribute to the repression or emancipation of sexuality. The texts and illustrations provide information about human relations, expressing “models” that can keep sex education repressor or, conversely, when worked correctly can overcome these models and open new possibilities in children education.

## MYTH BUSTING! EVALUATING THE IMPACT OF NUTRITION TRAINING FOR PRIMARY LEVEL STUDENT-TEACHERS

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**Introduction:** This study evaluated the short-term impact of basic nutrition training on the knowledge of pre-service primary level teachers. It also explored their common sources of nutrition information.

**Methods:** During the period 2006-2011, six cohorts of student-teachers (N = 294) attended four hours of lectures covering different aspects of nutrition and using an interactive pedagogy. The students also participated in a pre- post-test survey comprising a 20-question close-ended quiz based on the content of the lectures. In the post-test they also answered two open-ended questions on most memorable new knowledge and usual sources of nutrition information.

**Results:** At baseline the student-teachers lacked knowledge in a number of nutrition concepts, with the average correct responses being 44% or less for 13 out of 20 questions (range of average % correct responses: 12-95). At post-test there was a positive change in the average percentage correct responses for all questions except one, where there was no change. An average positive percentage change of 30% or greater was evident in 10 of the 20 questions (range of average % change in correct responses: 0-64). Students reported gaining knowledge mostly about cholesterol, different fats and oils. Fibre, 'light' products and a balanced and varied diet. Their most usual sources of nutrition information were initially TV and food packaging, with internet taking over in the latter years of the study.

**Conclusions:** Nutrition training can help student-teachers clear nutrition misconceptions, fill gaps in knowledge and increase their confidence as potential nutrition educators with young children. Student-teachers require training on how to recognise credible sources of nutrition information on the internet.

## ONLINE PROBLEM-BASED LEARNING: A FRAMEWORK FOR INNOVATIVE PRACTICES IN INITIAL TEACHER EDUCATION ON HEALTH EDUCATION

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**Introduction:** Student centered approaches require teachers professionally adjusted to authentic, flexible educational contexts in which theory and practice, everyday knowledge and scientific knowledge are intertwined. Online problem-based learning is an adequate framework for such demands.

**Objetives:** To implement and assess a course on health education in a second cycle Bologna-based initial teacher training program.

**Methods:** Students were future teachers for 7 to 12 school levels in different subjects such as science, mathematics, informatics, philosophy, languages. All of them demonstrated good digital skills. None of them had any experience in problem-based learning. Students' participations in online forums, group and individual reports were analyzed.

**Results:** Three structuring modules were designed in accordance to the school health education curriculum: 1) basic concepts; 2) sustainability as a dimension of health education; 3) health education promotion in school contexts. Each module was organized around a problem situation (a trigger). Tutorial groups were formed. At the end of each module students presented a group report depicting a solution, and an individual report with a personal reflection about the experience. High variability in the degree of participation of each member in a group was observed. Analysis of reports and individual reflections revealed students' knowledge building on health education issues and their perspectives, experiences, and attitudes towards problem-based learning and e-learning.

**Conclusions:** The online problem-based framework promoted creativity, critical thinking, problem solving, collaboration, and digital literacy among students, competencies that are of the most importance for their future professional performance as teachers.

## 12. ELDERLY HEALTH

### VALUATION OF LIFE AND HEALTH IN LATER LIFE: FINDINGS FROM A STUDY WITH COMMUNITY-DWELLING OLDER PEOPLE

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**Introduction:** Valuation of Life (VOL) represents a complex of judgments, emotions and projections into the future that reflects the active attachment to one's present life. As a construct, it comprises five core dimensions: hope, futurity, purpose, self-efficacy and persistence (Lawton et al, 1999).

**Objectives:** To assess differences in VOL between community-dwelling individuals according to main socio-demographic characteristics and to identify VOL's association with objective and subjective health measures.

**Methods:** A sample of 207 community-dwelling seniors aged between 65 and 96 years (mean = 77.2, SD = 7.5) were face-to-face interviewed. For data collection the Positive Valuation of Life Scale (Lawton et al, 2001), the Geriatric Depression Scale (Yesavage, 1982) and the OARS (Fillenbaum, Smyer, 1981) were used. Socio-demographic information was also collected.

**Results:** Mean VOL score was 43.87 (SD = 9.55), with higher values for men (49.87 ± 7.95) and for younger seniors (< 80 years old) (50.57 ± 6.74). Health measures revealed significant and negative relationships with VOL (< 0.01). Physical health showed the weaker correlation (R<sup>2</sup> = -.223), followed by functionality (ADL -.422; IADL -.453) and mental health (-.630). There was also found a significant correlation between VOL and subjective health (-.351) with a better self-perception of health being associated with higher valuation of life.

**Conclusions:** The relationship between health, particularly mental health and subjective health, and the way people evaluate their lives must be recognized in future directions of research since it has the potential to predict why, how and how long people wish to live even under the adverse health circumstances of later life (Rott et al, 2006).

### FALL RISK FACTORS VALUED BY ELDERLY AND NEEDS OF EDUCATION FOR PREVENTION

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**Introduction:** The prevention of falls in the elderly is a public health challenge, because these are the Fifth cause of death, they cause co-morbidities, disability and functional decline. In any program of prevention it is important to identify the risk factors of falling of the elderly and the awareness that they have of them.

**Objectives:** Identify the information that the elderly have about the risk factors and which they value and Identify their sources of information.

**Methods:** Descriptive, quantitative study done in 156 seniors, without cognitive deficit, institutionalized in 6 equipment for seniors, to whom have been applied the assessment scale of risk factors for elderly (Baixinho and Dixe, 2012). This assesses the importance assigned to each risk factor (on a scale of 1 to 5). It was obtained the consent of participation being guaranteed the anonymity and confidentiality of the data.

**Results:** The population mostly feminine (67.3%), on average have 81.24 years old and is institutionalized there for 33.57 months, 66% experienced at least one domicile fall, 17.9% had information on risk factors and obtained it from family and friends (67.4%), health professionals (27.9%) and media (4.7%). 87.95% demonstrated the need for training on risk factors and preventive measures of falls. The most valued factors are the difficulties in walking, decreased muscle strength, balance changes and chronic diseases. Are devalued the polimedication, clothing, incontinence and vision changes.

**Conclusions:** Formal health education programs are required to alert the elderly for the individual risk. We need to develop studies that relate the perception of risk with the preventive measures adopted.

### USING THE PRINCIPLES OF BODY MECHANICS IN EVERYDAY LIFE: A QUESTION OF SECURITY FOR THE ELDERLY

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**Introduction:** Biomechanical changes arising from the aging process, condition the movement, the body alignment and balance. A healthy aging program should teach and monitor the implementation of daily living activities using the principles of body mechanics.

**Objectives:** This work aims to identify the relationship between the security of the elderly and the use of body mechanics principles and promote the debate on the education of the elderly for the performance of daily life activities.

**State of the art:** National and international studies associate the changes of balance and stability to an increase in the fear and incidence of falls, to the decline of the functionality and to the aggravation of musculoskeletal injuries. Has no known studies that relate the body alignment with an increased difficulty in self-care and in the increase of accidents.

**New perspectives/guidelines:** Teaching and monitoring of use of body mechanics principles such as the body alignment in standing position, sitting and lying down, reduces the strain of joints, tendons, ligaments and muscles and is associated with the proper muscular tone and contributes to stability. The balance can be improved with simple actions such as moving the feet with a distance to the shoulder width, keeping the centre of gravity centered and in a wide support base. The balance in the activities improves if lower the center of gravity.

**Theoretical and practical implications:** Working with the elderly body mechanics issues promotes skeletal muscle functioning; reduces the effort required in the implementation of activities; increases stability and balance, reduces fatigue, prevents accidents and promotes independence in self-care. It is necessary to evaluate the gains with these programs.

### SOCIAL REPRESENTATIONS OF NURSES OVER THE WEARER ELDERLY

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**Introduction:** Although aging is a natural stage of development, social representations related to the elderly lead to discriminatory attitudes that undermine the quality of care.

**Objectives:** The present study had as main objective to know the social representations and attitudes of nurses over the wearer elderly.

**Methods:** We conducted a cross-sectional, descriptive, correlational, quantitative, attended by 151 nurses, 115 women aged 22 to 55 years ( $M = 36.79$ ) and 36 men aged 24 to 54 years ( $M = 38.78$ ). To measure the variables used the following instruments: a socio-demographic form, the Scale of Social Representations (Catita; Goulão, 2008) and the Semantic Differential Scale of Attitudes Toward Aging (Neri; Cachioni; Resende, 2002).

**Results:** The results of the scale of social representations showed that in all three factors (positive, negative and care for the elderly) tend to be positive and the scale of attitudes revealed neutral attitudes. The results showed significant differences between the variables age, postgraduate, service, time in profession, time in service and degree of kinship and social representations. It was found that younger nurses with less experience time in his career and current service, with training post-basic (post-graduate) and living with older 1st and 2nd degree concurrently, have better social representations.

**Conclusions:** The evidence concur with the need to enrich the curricula of schools and post-base materials based on aging, promote intergenerational contact and intelligently manage human resources in health institutions, putting younger professionals caring for elderly, also promoting the turnover between services within a maximum of five years.

### EMOTIONAL COMPETENCES IN THE ELDERLY AND SATISFACTION WITH LIFE

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**Introduction:** The emotional intelligence associated to the satisfaction with life allows the development of specific skills enabling the elderly to the resolution of some changes that occur in this stage of life.

**Objectives:** To connect the Emotional Intelligence of the elderly with the Satisfaction of Life.

**Methods:** A transverse, of quantitative nature study was developed. The evaluation protocol includes a social/ demographic questionnaire, the Scale of Satisfaction with Life and the Measure of Emotional Intelligence (MEI). The sample is non-probabilistic by convenience and consists of 199 elderly from the municipality of Viseu.

**Results:** The studied population is mostly female (64.8%), with an average of 66.28 years of age, married and 18.6% live alone. The majority (52.8%) reveals "high satisfaction with life" and 38.7% shows "Low emotional intelligence". The women show higher values in all dimensions and total value of MEI, except on the "self-control" dimension ( $p > 0.05$ ). About 18.8% of the MEI variation is explained through Satisfaction with life ( $\beta = 0.426$ ;  $t = 6.618$ ;  $p = 0.000$ ); 16.9% of "Sociability" is explained through Satisfaction with Life ( $\beta = 0.411$ ;  $t = 6.322$ ;  $p = 0.000$ ); 16.0% of "Self-motivation" is explained through Satisfaction with life ( $\beta = 0.400$ ;  $t = 6.128$ ;  $p = 0.000$ ); 12.6% of "Empathy" is explained through "Social Ability" ( $\beta = 0.354$ ;  $t = 5.319$ ;  $p = 0.000$ ); 4.6% of "Self-control" is explained through Satisfaction with life ( $\beta = 0.214$ ;  $t = 3.078$ ;  $p = 0.002$ ); 4.5% of "Self-consciousness" is explained through "Social Ability" ( $\beta = 0.213$ ;  $t = 3.056$ ;  $p = 0.003$ ).

**Conclusions:** The satisfaction with life influences the emotional intelligence of the elderly, promoting the development of competences which contribute to an active aging.

## ABILITY TO WORK IN THE ELDERLY: INTEGRATIVE LITERATURE REVIEW

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**Background:** The aging process has been followed and discussed by academics, managements and by the health professionals to protect older people as citizens. According the purposes in health services, we are starting to focus on prolonging life and start to invest in the maintenance and promotion of work ability of the elderly, so this remains autonomous and independent. Thus, this study aims to integrate knowledge produced about elder and work ability.

**Methods:** Integrative review of the literature, guided by the question: There are correlations of gender, age, perceived health, chronic disease and socioeconomic conditions with work ability in the elderly? In the search, we use four databases, applying the same strategy in MEDLINE and LILACS; namely: ("elderly" [Subject descriptor] and "evaluation of work capacity" [Subject descriptor] and not "adult" [Descriptor the subject] or "chronic" [subject descriptor]). Already in CINAHL, employ the term: (MW Work capacity evaluation and ME aged). And lastly, in PUBMED, we value the strategy: ("aged" [MeSH Major Topic] and "work capacity evaluation" [MeSH Major Topic]).

**Results:** Of the 178 publications identified, 143 were excluded, resulting in 35 publications for this study. Age, gender, physical activity, higher socioeconomic and educational conditions exhibited strong influence on work ability in the elderly. Chronic diseases, stress and heavy physical workload are associated with loss of this ability and early exit from active life.

**Conclusions:** The ability to work has been explored from the perspective of valuing the elder person in the employment context through adaptations, qualifications and retraining in the workplace. Relaxation exercises, aerobic endurance and strength training have contributed to keep older workers healthy and active.

## SELF-CARE AND DIABETES MELLITUS IN THE ELDERLY: CHALLENGE FOR HEALTH PROFESSIONALS

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**Introduction:** The aging of population determined a risk profile where chronic diseases, such as diabetes (DM) undertake a significant presence in health indicators. In this context, the self-care (SC) helps to achieve the goals related to health.

**Objective:** To identify in specific literature the methodologies, used by health professionals, which promote self-care in the elderly who has DM.

**Methods:** Integrative review method was used. The theoretical exploration was performed in 2013, using the Medline, LILACS, CINAHL and PSYCnet data bases. Being used the descriptors "self-care" AND "diabetes mellitus" AND "elderly" OR "aged". The papers were analysed by the theoretical foundation of Nursing Theory of Self-Care Deficit and classified in five empirical categories (negrite) and some subcategories (em italic).

**Results:** The category SC DEMAND describes the needs due health conditions, as diet habits and inadequated knowledge. Attending the demands, the health care service should elaborate strategies that develops the Capacity of SC of the elderly person; Managing

and Developing the Educative Program. The category Actions of SC refers the comportamental shift of elderly person with DM realizing Actions and Taking Decisions on SC execution. The Basic Conditioners Factors, extrinsics and intrinsics, also should be evaluated in the educative program development. The health professionals are SC Watchmen, in other words, are effectives on the development process to "build" the SC, to increase your role with Competence and to act "Just in Time" to comply with the SC requirements.

**Conclusions:** Lead the development of the AC is to transform a theoretical knowledge and practical experience can be performed that can minimize the effects of DM by assimilation, lifestyle more active and healthy.

## ELDER AND QUALITY OF LIFE: AN INTEGRATIVE LITERATURE REVIEW

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**Introduction:** To evaluate quality of life (QOL) of the elderly population favors the implementation of interdisciplinary health interventions, in search of safety and preservation or improvement of their QOL.

**Objective:** Integrate knowledge produced about elder person and health interventions in QOL.

**Methods:** Integrative literature, guided by the question: What interventions have been proposed and evaluated in improvement of the QOL of the elderly? Three databases were used, applying search strategies: Medline ("elderly" [Subject descriptor] and "quality of life" [Subject descriptor] and "community health assistance" [Subject descriptor]); PUBMED ("aged" [MeSH Major Topic] and "quality of life" [MeSH Major Topic]) and "community health services" [MeSH Terms]) and CINAHL (aged and MW MW MW Quality of Life and Community Health Services). Included on the search, there were articles in Portuguese, English and Spanish that associated quality of life for the elderly.

**Results:** The sample was composed of 27 publications, which we identify interventions to promote QoL: assessment of QoL in older people with degenerative diseases or mental disorders favors the implementation of interventions in relation to both the elderly and their caregivers, as exemplified by the family approach, transcendental meditation and occupational therapy. Similarly, studies have shown that Physical Activity Program has significant impact on QoL of elder persons.

**Conclusions:** QoL is perceived such a subjective experience for the individual and, therefore, to intervention on elderly, has influence on the clinical conditions of the patient as well as having considerable influence on their quality of life.

## ELDERLY FALLS PREVENTION

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**Introduction:** Falls are associated with morbidity and mortality in the elderly. The main goal of this study was to identify the effect of exercise on reducing the risk of falls in the elderly.

**Methods:** We conducted a careful search in the Medline / Pubmed and B-on data bases, with the following descriptors: "accidental falls", "aged", "exercise". We found 97 articles (2006/2011),

and after application of inclusion and exclusion criteria, left five articles that took part in the final analysis. All the articles included individuals aged 65 years or more submitted to falls prevention programs, including exercise.

**Results:** The results suggest that exercise is one effective strategy for reducing the risk of falls. Relate to the main components of each program, there was a predominance of muscle strengthening exercises, training for static and dynamic balance and coordination exercises and flexibility. The studies did not present sufficient clarification regarding the frequency, duration and intensity of exercise sessions.

**Conclusions:** Physical exercise can be crucial in the prevention of falls in the elderly in the community, however, more research is needed in the area, and the studies must show more clearly some methodological aspects that allow replication and comparison of their results.

## 13. FAMILY HEALTH

### DIVORCE: JUST FAMILY CRISIS MOMENT? THE ROLE OF FAMILY RESILIENCE, ADAPTABILITY AND COHESION

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**Introduction:** The healthy and harmonious development of the child is strongly determined by environmental and family experiences. During its life cycle, the family is faced with several challenges, such as parental divorce. In these moments it is important for family members to possess coping skills to face new life circumstances. Thus, resilience, cohesion and adaptability may play an important role in this process.

**Objectives:** To analyze children's positive adjustment mechanisms to parental divorce.

**Methods:** A descriptive correlational study that integrates a non-probabilistic sample of 62 participants. Respondents answer two sociodemographic questionnaires, and three scales: Measuring State and Child Resilience, Healthy Kids Resilience Assessment Module and Family Adaptability and Cohesion Evaluation Scale III.

**Results:** There was a positive association between high levels of resilience and high levels of perceived family cohesion and satisfaction. The perception of children and of parents about the family adaptability and satisfaction was significantly and positively associated. Also a positive significant correlation was found, between trait-resilience subscale (parents) and response-set breakers subscale (children).

**Conclusions:** Resilience of children and adolescents after parent's divorce seems to be facilitated by cohesion among family members, as well by the traits of resilience of the parents.

### PARENTING STYLES AND BEHAVIORS IN THE CHILD'S PERCEPTION: QUALITATIVE APPROACH

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**Introduction:** Studying family functioning on a quantitative approach may lead to a reductive comprehension the phenomenon.

Currently, family studies include qualitative and multi-methods approach. This study aims to assess parenting styles and parenting behaviour in the child's own perception by answering an open question, on the assumption that accessing the child's experiencing may increase the knowledge about family processes, namely, parenting styles and it's outcomes. A convenient non-probabilistic sample of 110 Portuguese 5-8 old children (55 boys, 55 girls) answered an open question for both parents. Data was analyzed recurring to traditional qualitative thematic content analysis methodology and SPSS's STAS (text analysis for surveys) for quantitative analysis.

**Results:** Punishment was the most frequent word (mother: n = 58, 17.58%; father: n = 37, 12.33%), indicating that this coercive practice is common for both parents. Subcategories like physical punishment (mother: 11.46; father: 16.94%), time out disciplinary strategy (mother 11.93%; father 11.48%) and privilege withdrawal (mother: 8.26%; father: 10: 38%) were the most frequent parent behavior associated with the child's transgression. Sub-categories association generally follows a cycle: transgression-anger/verbal arousal-coercive parenting practices-transgression explanation/rules-negative emotions-reconciliation.

**Conclusions:** Although children may perceive parents as authoritative or permissive, results showed the use of coercive practices. Parenting styles may be an idealization and not always consistent with more volatile parenting practices, emphasizing the need to access different family members perceptions in a multi-method approach to better understand family socialization processes.

### PARENTHOOD: WHY AN EXPERIENCE DELAYED?

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**Introduction:** According to Censos 2011, INE and PORDATA, Portugal has a negative Natural Growth that has been getting worst in recent years mainly as a result of a several decrease in the birth rate. Therefore, the fecundity rate not ensures the generational renewal. These rates are cross-cutting with socio-demographic, political and, economical issues but also open the discussion to individual (health and personal accomplishment).

**Objectives:** Identify and understand the reasons behind the down turn on the birth rate and the parenthood delayed in Portuguese individuals.

**Methods:** This is a descriptive quantitative study with a non-probability convenience sample of 200 childless individuals (100 men and 100 women) between 15 and 39 years old. It was administered a questionnaire survey by direct interview. For analyze, it's used SPSS Statistical Software.

**Results:** The first result suggests that 88.5% of individuals expressed a desire to be a parent. Among the main reasons for this delaying stand out professional conditions (25.5%), affective or psychological factors (25%) and financial reasons (19.5%). It was concluded that respondents who suggested the affective or psychological factors are mainly men above 30 years. The professional conditions are more prevalent in younger women; the financial reasons emerge as the third factor of delaying parenthood for both genders. Another relevant fact is the average of optimal age for the first child that was 29 years old.

**Conclusions:** This is a multifactorial matter that results from a different set of variables that require a comprehensive approach but at the same time focused.



## PARENTING STYLES AND CHILD'S STRESS IN FAMILY DYADS

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**Introduction:** In family studies, parenting styles (PS) research has increased worldwide, setting the need to understand primary socialization processes and child's rearing in its different cultural and contextual settings. Main research on PS and child's outcomes, often overlap different members perception, hence children's-parents PS perception have an increased pertinence allowing a better understanding of the family interactions complexity. The aim of this quantitative study is to relate parents' and child PS perception and child's stress perception in 103 mother-child and 57 father-child Portuguese family dyads.

**Results:** Parent-child parenting style perception, appear as independent, although mother/father PS are cohesive in the child's perception. Parents PS and child's stress are not correlated, while in children PS perception [fathers authoritativeness-authoritarian ( $r = -.22$ ,  $p < .05$ ) and mother permissiveness] are correlated to stress reactions explaining 9% variation [ $F(1.55) = 6.184$ ,  $p < .05$ ], indicating the positive effect of authoritativeness and permissiveness in the Portuguese children sample.

**Conclusions:** These results underline the importance of studying PS in different cultural contexts, whereas authoritativeness as the main promoter of child's development in Anglo-Saxon cultures may not be the single one in other cultures. Studying different family members' perceptions also helps to understand the impact of different points of view in family communication, interactions, child's outcomes and health and family emotional climate. Parents' awareness of child's perception and experiencing is essential not only to future research, but mostly to enhance inner family comprehension, improving everyday family relations.

## FAMILY ENVIRONMENT OF HOSPITALIZED CHILDREN

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**Introduction:** Hospitalization of a child affects a mental state of both the child and the members of his/her family. The course of an illness as well as the treatment itself in a hospital maybe complicated by a child's separation from his/her family. That is why a hospitalization with a parent, especially in small children, is recommended.

**Objectives:** The aim of the research was to find out whether a type of family environment, i.e. family relationships (cohesion, expressiveness, conflict), family members' personal growth (independence, achievement orientation, intellectual-cultural orientation, active-recreational orientation and moral values) and maintenance of the family environment (organization within a family and members' mutual control) is a factor which influences a parents' decision to hospitalize a child on his/her own or to be hospitalized with him/her.

**Methods:** The method of the investigation was a standardized tool - the Family environment scale which includes ten subscales monitoring three underlying family dimensions - family relationship, personal growth and system maintenance. The questionnaire for parents consists of 90 statements that are closely related to their family environment. Statistical analysis was performed using

the-test for two choices, Chi-square test and Fischer's exact test on the level of 5% significance.

**Results:** The sample was made up of 100 women, the most often ( $n = 36$ ) were of the age 31-35 years. The most families were oriented on personal growth (with a parent 54%, without a parent 68%). The least number of families were oriented on the system maintenance (with a parent 10%, without a parent 2%). In individual subscales no significant differences were found out between the family environment of children hospitalized with and without a parent. However, the families of hospitalized children without a parent were more oriented on achievement ( $p = 0.272$ ), intellect and culture ( $p = 0.066$ ) and moral-religious values. The families of hospitalized children with their parents, were more oriented on mutual support ( $p = 0.866$ ), conflict ( $p = 0.924$ ) and lesser family organization ( $p = 0.830$ ). **Conclusions:** Hospitalization of a child, with or without a parent, does not depend on the type of family environment in which a child is being brought up.

## FAMILIAL RELATIONSHIPS OF SMOKING, OVERWEIGHT AND HYPERTENSION IN ADOLESCENCE

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**Background:** Smoking, overweight and hypertension in adolescence are considered as risk factors for CVD in adulthood. Familial aggregation of the factors aggravates the predictive risk.

**Objectives:** to assess prevalence and relationships of CVD risk factors in adolescents and their parents.

**Methods:** Six cross-sectional surveys of representative samples of school children aged 14-18 in 1989-2012 were carried out in Novosibirsk. Total sample was 3511 (43% males). 154 adolescents without parent's data were excluded from the analysis. Blood pressure (BP) and body mass index (BMI) were measured. Self-reported smoking ( $\geq 1$  cig/week) was obtained from questionnaire. To define overweight the sex- and age-specific BMI cut-offs of the International Obesity Task Force were used. For hypertension the National High Blood Pressure Education Program Working Group (4th report) criteria were used. Information from parents about smoking ( $\geq 1$  cig/day), overweight ( $BMI \geq 25$ ) and hypertension ( $\geq 140/90$  mm Hg) were obtained by mail questionnaire.

**Results:** Associations of classic CVD risk factors in adolescents and their parents were presented. Adolescents' smoking registered two times more often in smoking families than in non-smoking. Prevalence of smoking among daughters was higher compared with their mothers. Relationships of parents' and children's BP levels were revealed on the maternal side. Among adolescents whose mothers had elevated BP, this risk factor registered twice more often compared with normotensive mothers' children. In group of overweight adolescents both mothers and fathers had BMI higher than in group of adolescents with normal BMI.

**Conclusions:** Familial aggregation of CVD risk factors indicates necessity of preventive actions at a family level.

## FAMILY ROLE IN PREVENTION: A STUDY OF THE STRENGTHENING FAMILIES PROGRAM AMONG USA PORTUGUESE AND PORTUGUESE FAMILIES

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**Introduction:** Strengthening Families Program (SFP) has been found by a Cochrane Review to be twice as effective in preventing

adolescent substance abuse in schools (Foxcroft, et al, 2003) and also cost effective (Miller & Hendrie, 2008). Culturally adapted versions of SFP 6-11 Years have been developed and tested by many countries and found effective. Hence a culturally-adapted version was also developed for Portuguese families.

**Methods:** The outcomes were compared using SFP 6-11 Years data with Portuguese families in the USA and in Portugal with international norms using a quasi-experimental 2 repeated measures (pre- to posttest) by 3 group design. Standardized test scales use measured 21 risk and protective factors. Data analysis included a between and within-groups ANOVA for main effects with p-values and Cohen's d.

**Results:** Statistically significant positive results ( $p < .05$ ) were found for 76.2% and 80.1% of the 21 outcomes for Portuguese and USA Portuguese families, including child overt and covert aggression, concentration, depression, social skills, family cohesion, bonding, conflict, organization, family resilience, parenting skills and parental substance use. In addition, 57.1% of the USA Portuguese and 42.9% of the Portuguese outcomes had effect sizes over Cohen's d.  $> .50$ .

**Conclusions:** Families can benefit substantially from SFP participation to improve parenting skills, family relations and children's behaviours. Recent SFP studies also found SFP reduced by 50% substance use in genetically at-risk youth (Brody, et al, 2012) and days in foster care for children of addicted parents (Brook, et al, 2012). Hence, SFP reduces health and social costs.

## BECOMING A FATHER OR A MOTHER, THE FIRST YEAR OF THE CHILD'S LIFE: AN EXPLANATORY NURSING THEORETICAL MODEL

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**Introduction:** Raising a child is a great responsibility and challenge and demands deep transformation and adaptation in the parents' lives. This is likely to cause imbalance and vulnerability to themselves and to have implications in the child's development.

**Objectives:** To understand the nature of the transition to parenthood during the child's first year; to identify the personal, social and communitarian conditions in which it occurs and to understand the nature of its action; and also to comprehend the parents' patterns of response. The aim was to develop a mid-range theory contributing to the improvement of the quality of nursing care provided to the family during this transition.

**Methods:** Grounded Theory, semi-structured interviews, participant observation, constant comparative approach and theoretical sampling. Data was collected in the parents' homes, at five time points, a total of 75 interviews on 43 visits. Five fathers and five mothers participated in the study.

**Results:** Being a father, being a mother: an interaction-based process in the making is the core category of the explanatory theoretical model found. This represents the emergence of a force that enables the parent's personal transformation, motivated to child care and the restore of the necessary strength for the daily struggle which represents the parenthood. It demonstrates the continuous movement of the intra and interpersonal parents' organization, which outweighs the temporality of the parental condition as an identity reconstruction.

**Conclusions:** The concepts identified enhance the knowledge base of parenthood as a phenomenon and demonstrate a need to reflect on interventions in practice at the level of primary health care.

## DECISION-MAKING CONFLICT IN THE GENETIC DISEASE FAP

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**Introduction:** The decision-making conflict is defined as a state of uncertainty about the course of action to take due to factors inherent in the decision (uncertainty of results and the relationship between risk/benefit) and modifiable factors (inadequate knowledge, unrealistic expectations, pressure and inadequate social support).

**Objectives:** To describe how the conflict decision-making occurs in each of the decisions of the genetic disease-FAP.

**Methods:** Quantitative, exploratory and descriptive.

**Sample:** Intentional non-probabilistic consisting 53 patients from a population of 100 patients.

**Data collection instrument:** Questionnaire with socio-demographic information and scale "Conflict Scale decision making in health", validated for the Portuguese population by (Martinho, Martins, and Angelo, 2011). We used nonparametric statistics in samples with less than 30 subjects.

**Results:** The sample is mostly male 58.5%, with a mean age of 42 years. Married 60.4%. Nuclear families account for 47.2%, the accompanying spouse disease 62.2%. 61.7% reported having the disease in the same line generation (siblings and cousins). The conflict in decision making is greater in individuals who make decisions about the use of helper methods to have children ( $M = 33.28$ ), compared with other decisions that arise during the disease process of FAP. The decision on the liver transplant is the lowest level of conflict making decisions ( $M = 11.91$ ) compared to the others.

**Conclusions:** Given the complexity of decision making in the context of an inherited genetic disease development studies to identify factors that may reduce the impact of the individual and the family in the decision-making in health and allow development and adaptation of nursing intervention strategies tailored to the needs.

## MEN NEEDS IN PRENATAL TIME

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**Introduction:** Traditional maternal health services are particularly focused on maternal and child health and well-being. However, men during pregnancy experiences developmental processes, stress adaptation and behavior that are as individual and diverse as those associated with the pregnant woman, with the support and encouragement to expectant fathers being as important as the one that is provided to mothers.

**Objectives:** To study the needs of expectant fathers in prenatal care.

**Methods:** Centered on a qualitative approach, data was collected through a semi-structured interview, along with a sample of five expectant fathers, residents in the district of Braga, experiencing a partner's pregnancy for the first time, and up to a gestational age of 20 weeks.

**Results:** From the content analysis of the interviews, these categories emerged: need for emotional support, need of confirmation, need to adapt, need for information, need to be involved and need to feel responsible.

**Conclusions:** It is for health professionals to no longer foresee the antenatal surveillance as an exclusive area for pregnant woman

and to promote the effective involvement of expectant fathers. Developing a reflective capability to understand the difference between the real needs of expectant fathers and those whose the health care professionals believes to be their needs is a challenge for health professionals.

## 14. OTHERS

### THE NURSE'S ROLE IN FAMILY PROTECTION, PROMOTION AND SUPPORT OF BREASTFEEDING

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**Introduction:** Action of health professionals in the community must enroll in an atmosphere of co-participation with the patient-family/ community group, as well as mutual respect in seeking solutions to their needs. While it is undeniable the importance of breastfeeding and its benefits, early weaning is still quite frequent. Community nurses as educators have a key role in encouraging, teaching and clarification about breastfeeding, especially in young women and those who are first-time mothers.

**Methods:** We opted for participatory-action research -on the grounds that this methodology is best suited to the scope of the project, since it becomes difficult to know the target audience without interacting with it and consequently lead to behavior change.

**Results:** European guidelines set out the advantages of breastfeeding ideally up to 6 months and thus it appears that 51% of the infants were breastfed. According to the report of the register of breastfeeding, 2011, it was found that the prevalence of breastfeeding stands at 48.4%, which comes against the data.

**Conclusions:** Even without a final assessment, it is clear that the ongoing action contributes to an increase in the number of children breastfed.

### USE OF SUCROSE FOR THE RELIEF OF PAIN IN NEONATES: REVIEW OF LITERATURE

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**Introduction:** The hospitalization of newborns frequently leads to discomfort and pain. Its treatment should include environmental management, clustering the basic nursing cares, pharmacological and non-pharmacological measures for pain relief. The use of sucrose comes up frequently in the literature as a recommended non-pharmacological intervention. The relief of pain and discomfort on newborns guarantees a humanized care during the hospitalization.

**Purpose:** This paper conducts a literature review, analyzing published works in order to understand the efficiency of sucrose as a pain reliever and suggest a protocol for its use.

**Methods:** The selected papers were found through the following databases: Medline/Pubmed®, Nursing Reference Center®, Scielo® and Cinahl®, according to the adopted keywords. This search was restricted to papers published between 2005 and 2012.

**Results:** According to the consulted scientific papers regarding the mechanism of action, concentration and recommendations on the use of sucrose we found that sucrose between 12-24% two minutes prior to the painful procedure must be used. The dose may be repeated two minutes after the first administration, up to a maximum recommended for the infant.

**Conclusions:** The use of sucrose, especially during invasive procedures, is a very effective and safe practice for the control of pain. This use is effective in relieving from light to moderate pain and had no short-term side effects on the health of the newborn. The literature is unanimous in the junction of nonpharmacological procedures to improve efficiency in pain reducing responses and physiological stability of newborns, such as touch, kangaroo care and breastfeeding.

### LEARNING AND READING DISABILITIES: A EMERGENT PUBLIC HEALTH PROBLEM

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Teaching and learning in today's schools reflect not only a significant educational concern, but also a public health concern. Different researches has consistently shown that if children do not learn to understand and use language, to read and write, to calculate and reason mathematically, to solve problems, and to communicate their ideas and points of view, their opportunities for a fulfilling and rewarding life are seriously compromised. Particularly, some longitudinal studies have showed that school failure has negative consequences with respect to self-esteem, social development, and opportunities for advanced education and meaningful employment. These consequences are more evident when children fail to learn to read. This happens because the development of reading skills is the major foundational academic ability for all school-based learning. Without the ability to read, the opportunities for academic and occupational success are limited. The educational and public health consequences of reading failure are calamitous. For example, around half of children and adolescents with a history of substance abuse have reading problems. Failure to learn to read places children's futures and lives at risk for highly deleterious outcomes. For this reason we consider reading failure to reflect a national public health problem. Once this is an emergent problem in Portugal, the goal of this communication is to discuss some important consequences of student's learning and reading failure, and its relations with the public health.

### ANALYSIS OF HEALTH STATISTICAL DATA, AT PORTUGUESE MUNICIPALITIES LEVEL, USING SPATIAL AUTOCORRELATION APPROACHES

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**Introduction:** The spatial autocorrelation is frequent in some variables. This statistical infraction if is not correctly taken into account can bias the statistical analyzes. Otherwise your account may help the examination of the spatial evolution of those variables, with important conclusions to support the implementation of some policies. The spatial autocorrelation

means that the evolution of these variables, in some spatial unities (municipalities, regions, countries, etc), is influenced by variables in the neighbours territories.

**Objectives:** Analysis of the spatial autocorrelation in the health statistical data related with variables as the terminations of pregnancy carried out legally in hospitals, the mortality rate for circulatory diseases and the mortality rate for malignant tumors.

**Methods:** Following Hayford (2012) and Zhu (2009), for example, was analyzed the spatial autocorrelation for the variables referred before, in average for the period 2000-2011, disaggregated for the Portuguese municipalities, using the informatic program GeoDa and the spatial statistics tests as the Moran'I and the Lagrange Multipliers.

**Results:** The results show signs of spatial autocorrelation for the variables considered, namely spatial lag and spatial error. The spatial lag autocorrelation means that the variables are influenced by the same variables in the neighbors municipalities and the spatial error signifies that the variables are influenced by random effects that come from the neighbors municipalities.

**Conclusions:** In future statistical analysis, with this health variables, is important taking into account this statistical infraction to avoid obtain biased conclusions. On the other hand the policies defined to these subjects must take into account these results.

## WORKPLACE BULLYING IN PORTUGUESE NURSES

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**Introduction:** Bullying is a reality at our workplaces (Einarsen, Hoel, Zapf & Cooper, 2011). Nurses as health professionals represent a risk group (ICHNRN, 2007; Zapf, Escartin et al, 2011), different studies confirm this situation (Gillespie, Gates & Schafer, 2012; Hogh, Clausen & Borg, 2012).

**Objectives:** This study aimed to identify the incidence of workplace bullying in the nurses'.

**Methods:** It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. The sample is made up of nurses/students of the Post-Graduation Course of the Porto Nursing College (N = 151), who accepted to collaborate in the study. The instrument for collecting data was the Sociodemographic and professional form and NAQ-R, (Einarsen & Hoel, 2001), translated to Portugal by Araújo, McIntyre & McIntyre, 2004.

**Results:** 9.4 % (14) of the respondents assumed have been victims of workplace bullying in the past six months. In what concerns the results of negative acts, which nurses consider to be their experience in the past six months, were: "To be forced to carry out functions below ones level of competencies-10.6%" and "To be exposed to an excessive amount of work, impossible to carry out-9.9%". The comparison of averages by the Student t and Mann Withney U test between the subscales of NAQ-R and the social and psychological variables shows significant results statically.

**Conclusions:** The results of this study sensitize us to the importance of the implementation of intervention models to prevent workplace bullying in Portuguese nurses or to deal with stress related bullying.

## WORK IN NURSING: MANAGING STRESS

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**Introduction:** Nurses' laboral context presents evident alterations at an individual and organizational level, being associated to higher

levels of stress (Tuvesson H, Eklund M, Wann-Hansson CP, 2012). Stress management intervention programs should be a reality in the organizations (Wong & Lastinguer, 2012) in order to promote health at the workplace.

**Objectives:** Analyze the effectiveness of the implementation of a stress management program on nurses.

**Methods:** It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. It is also a prospective and longitudinal study. The sample is made up of nurses/students of the Post-Graduation Course of the Porto Nursing College (N = 151). The instrument for collecting data was the Sociodemographic and professional form, the IRRP (McIntyre, McIntyre & Silverio, 1995). We implemented the intervention program, with a three sessions.

**Results:** The results we would highlight that in a sample of 151 nurses 84.8% were female. The minimum age was 24 years and the maximum 54 years, and the average was 33.2 years. The most prevalent responses to stress are Pressure-Overload, Distress and Health, Anxiety, Dysphoric Emotionality, and Anger and Frustration. The comparison of the averages of biometrics data - pulse and perception of relaxation level before and after the practical sessions with statistically significant values, proves that after the program the results have been more favorable.

**Conclusions:** The obtained results show the importance of the implementation of intervention programs in the management of laboral stress at our organizations.

## EHEALTH LITERACY: SCALE TRANSLATION AND VALIDATION FOR THE PORTUGUESE POPULATION

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**Introduction:** ehealth literacy reports the ability to search, find, evaluate, integrate and apply health information through the use of electronic environments. Presently, electronic environments are important sources to acquire health information, especially by adolescents.

**Objectives:** To perform the cultural adaptation and validation of the Portuguese version of the ehealth literacy scale (Norman & Skinner, 2006); to assess the level of ehealth literacy scale in a group of Portuguese adolescents, and to find its correlation with sociodemographic variables.

**Methods:** This is a quantitative descriptive correlational research study, with a non-probabilistic convenience sample of 1215 adolescents attending high school in Portugal, with ages between 14 and 22. A self-fulfilling questionnaire was used, with sociodemographic questions, along with the Portuguese version of the e-health literacy scale, that underwent a cross-cultural adaptation process previously.

**Results:** The Portuguese version of the ehealth literacy scale revealed a Cronbach alpha of 0.842 and a strong relation between all items ( $0.123 > r > 0.682$ ;  $p < 0.01$ ), with a single factor explaining 47.8% of the variance. ehealth literacy is related with gender ( $p < 0.05$ ) and scholar grade ( $p = 0.037$ ) for some items that explain the concept, but not with the age ( $p > 0.05$ ) of the respondents. Globally, the adolescents considered themselves as "undecided" or "in agreement with" (mean of 3.4563 and SD of 0.582), in what concerns their perception of holding the skills of ehealth literacy.

**Conclusions:** The results reveal that the Portuguese version of the scale is an adequate and valid tool to evaluate ehealth literacy. In addition, this study has shown that there is a need to empower the ehealth literacy skills of the adolescents.

## FEED SCHOOL-AGE CHILDREN (6-11 YEARS OLD), TENDENCY FOOD

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**Introduction:** Already is known the close relation between improper nutrition and obesity development in children which is in base of different chronic diseases. Purpose: To obtain Information about the food structure of school children aged 6-11 years old to identify if the mode of nutrition of these children is affected by the effects of globalization and modern life.

**Objectives:** To determine the actual structure of feeding in children school age, as well as comparing the food preferences of children by gender through. Specific objectives such as: Assessment Weekly consumption of cereals, pasta and rice, fruits and fresh juices, vegetables, milk, fish, chicken meat, red meat, cheese and yogurt, eggs, dried beans, sausages and ham, prepared juices, biscuits, chocolate, hamburgers, potato chip.

**Methods:** This is Cross-sectional descriptive study. Study population: 360 children in total, 171 boys and 189 girls (6 of 11 school-age pupils), in two schools in the city of Vlora (Albania), public and non-public schools in April 2012.

**Results:** by analyzing the data, we notice that: 1) Foods that should be consumed each day consumed under the weekly average of all Children involved in the study. 2) Consumption of foods considered risk factors consumed on a weekly average recommended by the food pyramid (FP). 3) The food intake appears the same as public school and non-public school in both Genders. 4) Girls tend to consume less food considered risk factors for health compared with boys.

**Conclusion:** The food structure of children of this age is ingested of globalization and modern Life. The results enhance the need to intervene with healthy nutrition Promotional programs and physical activity.

**Keywords:** Children. (FP). Food preferences. Risk factors.

## THE UTILIZATION OF AN ANIMATED CARTOON IN THE TRANSMISSION OF INFORMATION AND KNOWLEDGE ABOUT SCHISTOSOMIASIS

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**Introduction:** The work of professionals in the field of health education can be enriched with the use of ludic materials, important mechanism of communication between people and an effective tool for teaching and learning.

**Objectives:** Considering these aspects, a short digital animation with the theme schistosomiasis, was adapted from the book "The spell Lagoon" authored by Virginia Schall, Antares Publishing, 1986, Rio de Janeiro, with the goal of stimulating educational meetings in which the popular wisdom can be shared with the scientific knowledge, initiating and encouraging an ongoing dialogue that transcends the information and light reflection.

**Methods:** This animation was built in Adobe Flash and Adobe Premiere in 2D and lasts for 16'13".

**Results:** The proposal is to use this material in schools and community spaces for people of different ages and social realities. The animation can show up as a technical facilitation of individual expression, group interaction and placement of new information

from easy understanding of theme and the content of the basic about the disease.

**Conclusions:** The material always requires adjustments and adaptations to the needs of each situation especially if worked with differentiated groups, if necessary; to plan the educational action in function of contexts that is not only exclusively clinical. The assembly, after validation, will be available to be downloaded from the website of the Integrated Schistosomiasis (PIDE) in: pide.cpqrr.ficruz.br.

## SCHOOL REINFORCEMENT AS A PROMOTER OF INCREASED CONFIDENCE AND SELF-ESTEEM ON STUDENTS OF COMMERCIAL PREPARATORY COURSES

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The use of school reinforcement by students outside of school is increasingly taking place in businesses within the framework of an educational market, and also becoming more competitive. Studying this kind of educational offer, as a promoter of increased confidence and self-esteem on students that use this kind of support is one of the goals of this research. Empirically, this phenomenon was studied in the city of Brasília. Five directors of commercial preparatory courses that offer school reinforcement were interviewed, in order to get to know their opinion about this issue. Furthermore, 115 students that attended these centers were questioned about the motives that led them to make use of this activity and about its impacts. Results seem to suggest that directors (B2, B3, B4 and B5) assess positively the impact of school reinforcement on students' self-esteem, academic results and skills. Moreover, 85.24% of the surveyed students answered that they "agree" and "totally agree" with the statement that "school support has helped to increase their confidence". According to these empirical results, we found significant positive correlations between school reinforcement and the increase in academic confidence and self-esteem reflected in students' attitudes in the classroom and their overall academic success. This work is financed by FEDER funds through the Operational Program 'Thematic Factors of Competitiveness' - COMPETE and by Portuguese national funds through FCT - Foundation for Science and Technology, in the scope of the project "Xplika International - comparative analysis of the private tutoring market in five capital cities" (PTDC/CPE-CED/104674/2008).

## THE RELATIONSHIP BETWEEN SCHOOL PERFORMANCE AND THE ATTENTION OF STUDENTS IN PHYSICAL CLASSES

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**Introduction:** The study of students' thinking and particularly their attention in class have been gaining importance within the context of the investigation of the teaching act. The attention of the students' is considered by the investigation as a powerful mediating variable, because its influence is evident in the teaching-learning process, as well as it emphasizes the mutual influence between the behaviour of the teacher, the behavior of the student and the learning results. **Aims:** Under the logic of the paradigm of the mediating process, this study pretends to analyze the students thinking, that is, to know what the students are thinking during the physical education classes and whether the students' attention was different depending on their performance.

**Methods:** We select 150 students from 7th, 8th and 9th grades of Basic Education, aged between 12 and 16 years old, to whom we applied a questionnaire, in which the students signalized what they were thinking of at certain moments of the physical education class (Attest - EF)

**Results:** According to the analysis and processing of data, we defined the profile of the students' attention with different performances in the physical education class, we noticed that the students were attentive to the task by a decreasing order of importance, followed by the attention to the behaviour, attention to the information and then, with lower values, the attention off the task and the attention to other things.

**Conclusions:** The study provides information that there are no differences in the attention profile among students with different school performances in the physical education classes.

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### TEACHERS HEALTH AT A PUBLIC SCHOOL FROM PORTO ALEGRE

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**Introduction:** This study is resulted of discussions between the authors, from some of the elements found in a survey on teacher's health, held at the Postgraduate Program in Education at PUCRS, in the search line Person and Education, with the objective of detect and analyze the conditions of malaise and wellbeing of teachers in a Municipal Elementary Education School of Porto Alegre.

**Methods:** This quantitative study gained access to information on permits for health treatment of the teachers of that school in the 1st half of 2010, obtained from the Municipal Department of Health. These data were analyzed with descriptive statistics.

**Results:** it was found that 35.4% of teachers at this school have requested some sort of license to health treatment, indicating a high rate. The licenses were classified according to the CID-10/2008, verifying that 12.5% of absences were caused by some type of mental and behavioral disorder, 57.26% of the total days of absence, cirurgical diseases with 4.16%, generating 12.58% of the days, and osteomuscular diseases with 5.2%, generating 9.92% of absence days.

**Conclusions:** We emphasize that several factors may contribute to the improvement of teachers health and wellness, for example, the school environment with supportive and welcoming, positive interpersonal relationships and sidewalks affect, shares via education systems and health and social support.

### HEALTHY UNIVERSITIES THROUGH PARTICIPATORY RESEARCH: PEER "SEED GROUPS"

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When it comes to Health Promotion Research, different contexts influence efficiency of prevention models, including abilities of researchers themselves. Participatory Health Research (PHR) is gaining recognition internationally as a valid alternative to experimental designs and seems useful for health promotion (HP) in the university context. PEER develops a training course for "seed groups" in Portuguese speaking health schools. It aims to mobilize university students, teachers and community stakeholders to

promote health, with a focus on dialogical procedures and creative education to do community mobilization for health, based on PRECEDE-PROCEED model and quality criteria of PHR.

**Objectives:** Describe initial process of mobilization.

**Methods:** Mobilization involves the creation and training of "seed groups" to develop and implement HP strategies "Seed groups" should do an initial assessment of Lifestyles and HP Projects operating in their university. This approach will support the design of HP actions. During training course, participants should exercise group dynamics, conflict management techniques and recognize the link between Peer Education and PHR and the principles of a HP university.

**Results:** During first year, 8 universities [in Portugal (5); Angola a; Cape Verde a and Brazil a], have joined PEER. Teachers (47), students (65), staff (8) and community stakeholders (30) participate at training (30 h). Those "seed groups" began mobilizing its community to measure lifestyles, draft a participatory action research project and promote several activities based on Peer Education like peer counseling and outreach work.

**Conclusions:** All participants recognize the principles and processes of development of a health promoter context, particularly in mobilizing a school community.

### NEW ORGANIZATIONAL MODELS IN HEALTH SECTOR: A STUDY OF A LUSO SPANISH CHAIN IN HEALTH AND WELFARE

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The promotion of health in terms of practices, performance and structure, becomes a rule in the current context of the western world. The various practices of health care and welfare today are the result of knowledge gained over thousands of years. This ancient building almost leads us to affirm that we are facing a return to origins, where health and wellness are increasingly sought after, given the benefits and transformations that operate on our health in its broader term rise. In recent years, in order to optimise resources, the provision of health care and welfare have emerged forming new organisational forms, the franchising chains. However, the behavior of these new organizational forms has resulted various problems such as free riding and hold up. The current research paper intends to demonstrate that these problems become bigger once the franchisor provides franchisees an exclusive territory that could endanger the quality of services provided. The research consists of two extended data collection periods. During the first period (2006-2008) a questionnaire has been used to collect data, focusing in the Iberian franchising. Moreover, the second phase (2008-2012) included qualitative data selection through interviews which were conducted to franchise networks related to health and wellness. The results demonstrate that it is essential to review the behavior of these new organizational forms so that their users can regain confidence in them by ensuring the provision of high quality services.

### HEALTHY LIFESTYLE IN COLLEGE STUDENTS. HEALTH PROMOTION LIFESTYLE PROFILE II: PORTUGUESE VERSION

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**Introduction:** The health status of an individual corresponds to richness and prosperity, which means that if we invest on

health, we are promoting society and a better world economy. The non-adoption of healthy lifestyles has been a major cause of worldwide mortality.

**Objectives:** Translation and validation of the portuguese version of Health Promotion Lifestyle Profile II (HPLP-II).

**Methods:** A methodologic study was performed to assess the metric proprieties of the instrument by a quantitative approach, using a non probability convenience sample of 749 college students of nursing and engineering from portuguese colleges. The study was developed using sociodemographic questionnaire, the scale of HPLP-II (Walker & Hill-Polerecky, 1996) and the scale of Questionário de Atitudes e Comportamentos de Saúde (Ribeiro, 2004).

**Results:** The analysis of the metric properties of the instrument showed good alpha of internal consistency for the total scale ( $\alpha = 0.92$ ). Exploratory Factor Analysis explained 42.7% of variance, and Confirmatory Factor Analysis showed an adequate fit to the data, yielding a 52 items six-factor structure (CMIN/DF = 2.59; RMR = 0.04; GFI = 0.85; NFI = 0.764; CFI = 0.84; RMSEA = 0.046; Hoelter = 308). The HPLP-II showed that Portuguese nursing students have healthier lifestyles than students from engineering, concerning the health responsibility, nutrition and Interpersonal relations. However, it was observed that the lifestyle of a nursing student does not improve significantly through the course. In fact, students from the 3rd year of nursing school show in general less physical activity than younger students from the 1st year.

**Conclusions:** The HPLP-II is a good strategy for evaluating healthy lifestyles of portuguese college students.

## IMAGERY: CORRELATION BETWEEN IMAGERY AND ABILITIES IN FOOTBALL - PASS, DRIBLE AND SHOOT

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**Introduction:** Currently there has been a major concern among sports professionals to develop and implement strategies and techniques for improving motor skills, with the objective of optimizing the technical sport abilities. "Imagery" can serve as a complementary methodology for improving the teaching-learning of motor skills and abilities.

**Objectives:** The aim of this work/investigation is to determine what is the correlation between the "imagery" and the ability of football skills in dribble, pass and shoot.

**Methods:** This is a case study with convenience sample of 26 subjects, with  $12.3 \pm 0.5$  years. To quantify the individual ability of "imagery" was applied MIQ-R (Revised Movement Imagery Questionnaire, 1997) - and to access the ability of global skills in football- global football abilities and skills tests set proposed by Mor-Christian, 1979 (the tests of dribble, pass and shoot were selected).

**Results:** In every specific global football ability and skills test realised, the results showed us that the subjects with bigger capacity of imagery achieved better outcomes than the ones with lower capacity of imagery, showing a weak positive correlation ( $0.1 \leq r < 0.5$ ). MIQ-R results indicated differences statistically significant, with higher values on the visual modality than the kinesthetic modality ( $p \leq 0.05$ ).

**Conclusions:** We realise and conclude that there is a weak positive correlation between the "imagery" and the global abilities and skills in football - dribble, pass and shoot, in the subjects of the sample. Furthermore, the subjects showed differences statistically significant (higher values) on the visual modality when compared with the kinesthetic modality in the MIQ-R realization.

## POSTPARTUM PERINEAL PAIN ASSOCIATED WITH PERINEAL TRAUMA AND SUTURE TECHNIQUES

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**Background:** Postpartum perineal pain is one of the most common problems after vaginal birth and can have a negative impact on women's quality of life.

**Objectives:** We aimed to assess the influence of perineal trauma and suture techniques on the magnitude of perineal pain at different moments (at 2, 10 and 45 days after birth) and domains (while at rest, moving, sitting and urinating). In addition, it was our goal to compare those three moments in what concerns the levels of pain reported.

**Methods:** We conducted a transversal, descriptive, co-relational, quantitative study in a pool of 281 women who had a normal delivery between October 2010 and February 2011. Data was collected from two questionnaires: one of them addressed to the women and the other to the health care professionals. Perineal pain was assessed with a numerical scale from 0 to 10, approved by Direção-Geral da Saúde (Portugal, 2003).

**Results:** We found that the variable perineal trauma had a significant effect on postpartum perineal pain both at day 2 (on moving and sitting) and day 45 (while urinating). Women with the most severe perineal trauma were those who reported more pain in these assessments. There were no statistically significant differences in pain amongst the suture techniques. We found significant differences in perineal pain amongst day 2, day 10 and day 45. The level of pain was higher at 2 days after birth and declined over time.

**Conclusions:** These results invite us to reflect on the need of furthering research in order to implement effective practices based on robust evidence aiming to reduce perineal pain in the postpartum period and consequently to improve women's health and well-being.

## CURRICULAR ENRICHMENT ACTIVITIES AND PHYSICAL FITNESS

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**Introduction:** The interest of researchers on the fitness levels of the juvenile population, is based on the desire to better understand their relationship to health and well-being of children and young people.

**Objectives:** To assess the physical fitness levels of children attending the 1st Primary School taking into account age and gender, and verify the effect of Oriented Physical Activity.

**Methods:** This is a case study with convenience sample of 70 children attending the 1st Primary School aged between six and nine years old. The instrument used in the study to collect the results was the Fitnessgram test battery (2003), and the application's methodological procedures have obeyed the defined in this battery's Test Application Manual (The Cooper Institute for Aerobics Research, 2002).

**Results:** The results showed that physical fitness levels of children attending the 1st Primary School are considered satisfactory since most of the evidence was classified as fit or super-fit. The results also showed that boys obtained in each of the evaluation moments better scores than girls except in the "sit and reaches right" and

“sit and reaches the left” tests. In all events, there was a significant improvement in the results of either the boys or girls in the two evaluation moments, except in the “sit and reaches right” and “sit and reaches left” tests, where there was a significant decrease between the two periods.

**Conclusions:** The results seem to show that the work done during the curricular enrichment activities may have contributed positively to the improvement obtained in most tests of physical fitness.

## SEXUAL ABUSE OF MINORS: OCCURRENCE CIRCUMSTANCES

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**Introduction:** In recent years, child sexual abuse was highlighted social and politically. Consequently, decreased the tolerance of this type of crime, failing to be hidden and apologized by permissive laws to male superiority and feelings of shame and guilt for this crime. **Objectives:** Identify the circumstances and context in which child sexual abuse occurs.

**Methods:** Descriptive study, accomplished with 60 inmates child abusers (22-83 years, M = 48.33; SD = 13.059), predominantly married (35.0%), with low education (40.0% 1st cycle and 16.7% illiterate). Mostly resided in Lisbon district (33.3%-55% in rural areas and 19 who were living in the city did so in housing estate). Ate the date of the last crime, 5.0% were inactive and the ones who were active 26.7% were “labourers, craftsmen and similar workers in industry and construction”. The data collection was based on the realization of an interview.

**Results:** Most of the offenders knew the victim and the crime occurred in households (73.3%). The aggressor’s house was the main place where the crime was consummate (60.0%). The afternoon and the night were the preferred periods for the crime occurrence. The crimes were premeditated in 86.7% and in 10% (8 people) were considered as impulsive. At the same time of the sexual abuse, 40% of the offenders were under the influence of substances (35% alcohol, 3.3% drugs + alcohol and 1.7% drugs).

**Conclusions:** The results show that most of the crimes of abuse were premeditated and practiced in familiar surroundings in the afternoon or evening by relatives of the victims. These facts should be taken into account in the diagnosis and treatment of offenders, in prevention and in family education.

## PROFILE CARDIOVASCULAR RISK IN ASYMPTOMATIC PEOPLE

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**Introduction:** The cardiovascular diseases are a problem of public health, which urges to be minored. The risk factors, known as causes of increasing the probability of occurrence of a determined happening, precede the cardiovascular diseases for several years.

**Ojective:** Determine the profile of cardiovascular risk factors in the asymptomatic people.

**Methods:** The transversal descriptive study was realized in 1148 people, composed mainly of the female sex (57.8%), having about 37 years and secondary studies (27.4%). The instrument is a Cardiovascular Risk Questionnaire.

**Results:** The presence of cardiovascular risk was identified in 90.6%, being that 32.6% revealed high cardiovascular risk and

25.3% moderate risk; men presented higher risk of developing cardiac diseases when compared with women (48.9% vs 20.3%). It was evidenced that 27.6% of the participants were hypertensive; 59.3% presented overweight; 1.2% had capillary hyperglycemia and 20.0% were smokers. The cardiovascular risk revealed to be higher among the participants with low studies and among the elderly people. The risk increases when the BMI, the systolic and diastolic arterial pressure, the values of capillary glycemia and the abdominal perimeter increased.

**Conclusions:** The use of the cardiovascular stratification risk scale is essential, contributing in order to give support to therapeutical decisions based on scientific evidence. The necessity of prevention of the cardiovascular disease, which must be oriented in a global approach of risk factors, establishing common platforms between primary and differentiate cares, harmonizing strategies/proceedings, facing the prevention as an everybody’s task: government, scientific societies, health professionals, with the responsibility of the individual.

## PATIENTS’ SATISFACTION BY CLINICAL PRIORITY

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**Introduction:** Patients’ satisfaction is an important indicator of the quality of health care. Patients consider the relationship with the professional as being relevant to the quality of the services provided. The Manchester Triage System is a working tool which allows the improvement of the quality of care to persons who resort to emergency service.

**Objectives:** Evaluate the satisfaction towards in triage.

**Methods:** This is a descriptive cross-sectional study based on a non-probability sample of 500 patients (48,2% women; 51.8% men), with an average age of 52.95 years, they were mostly married (70%), lived in rural areas (62.8%) and had primary school studies (36.8%). The data collection was obtained through phone call 72 hours after the emergency episode.

**Results:** The priority: yellow (48.8%), green (27.9%), orange (12.1%), blue (1%) and red (0.4%). Most patients revealed to be satisfied (86.4%) with the care provided by nurse triage, 38.7% were very satisfied and 47.7% satisfied. The most satisfied patients were those who were identified with a white tag, followed by the highest clinical priority patients (red tag), who waited less time until they were submitted to triage, and those who have shown to be more informed. The most satisfied patients were those who were treated by their own name, who believed that the health professional showed sympathy and willingness to listen, whose privacy was respected, whose confidential information was kept and those who felt their cultural and religious beliefs were respected.

**Conclusions:** The results suggest that when is given more information, the clinical priority is higher, and the service is faster and more customised, the patients are more staisfied.

## DANCE AND BODY INTEGRATION: CONTRIBUTIONS OF VOCALIZATION AND MOVEMENT IN BODY LANGUAGE

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**Introduction:** The adequate body formation of future elementary school teachers is crucial to promote a better body integration among children and enhance their body awareness.



**Objectives:** We believe that a new dance methodology based on vocalization-movement may enhance body integration in elementary school.

**Methods:** For this work we present an action-inquiry proposal based on hermeneutics methodology with a sample of 50 students attending a high degree course in Portugal. We collect data based on personal reports, open interviews, video shooting, field notes, diaries and the author's personal narratives (Mead, 1934; Blumer, 1969).

**Results:** When confronted with the question "describe your experience during the exercises" which was transversal to all movement-voice work, the students agreed that these exercises helped them feel a great well being and that this exercises helped them become more aware of their own bodies and movement.

**Conclusions:** In the author's opinion there is still a consistent belief that whenever we propose some dance exercises, participants tend to add voice to movement. Most of the participants manifest that they feel a great connection between voice and movement allowing them to feel their body free and desinhibited in the interaction with others. Some participants shared however, that whenever they are asked to make this action with a conscious and deliberately attitude, some of them have difficulties adding their own voices to the dance or movement exercises. Contrarily, to this situation, everytime the exercises are oriented by the teacher's vocalizations, students offered no resistance.

## ADOLESCENT SELF-REPORTED LIFETIME SUICIDE ATTEMPTS IN LATVIA: FAMILY RELATED FACTORS

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**Introduction:** Suicide and suicidal behaviour is one of the most important public health problems in Latvia. Suicide rate in Latvian population is among the highest in the European Union, while globally it ranks in 10th place. Moreover, suicide is the leading cause of death among 15-19 year-olds.

**Objectives:** To assess relationship between self-reported lifetime suicide attempts and different family related factors among 15-16 year old school children in Latvia.

**Methods:** Self-reported suicide attempts were assessed in a nationally representative sample of school children within the 2011 data collection of the European School Survey Project on Alcohol and other Drugs (ESPAD). Adjusted logistic regression model with adolescent self-reported suicide attempt as dependent variable and various family related factors as factor variables were analyzed.

**Results:** Of seven factors studied the two most important factors were family history of suicide attempt (OR = 4.9; 95% CI = 3.4-7.1;  $p < 0.001$ ) and sexual abuse by family member (OR = 3.5; 95% CI = 1.8-6.8;  $p < 0.001$ ). Dissatisfaction with relations with mother (OR = 2.9; 95% CI = 1.9-4.7;  $p < 0.001$ ), not living with both biological parents (OR = 1.9; 95% CI = 1.3-2.6;  $p < 0.001$ ) and female gender (OR = 1.8; 95% CI = 1.3-2.5;  $p < 0.001$ ) was also associated with lifetime suicide attempts. Our model suggests there are no statistically significant associations with family socioeconomic status or dissatisfaction with relations with father.

**Conclusions:** Family related negative experiences plays a significant role regarding adolescent self-reported suicide attempts in Latvia-these findings extend the importance of population based suicide and domestic violence prevention programs. Further research is needed to assess other factors related to suicidal behaviour in Latvia.

## INDOOR AIR QUALITY AND HEALTH IN SCHOOLS

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**Introduction:** Children spend a lot of time in school, so it is expected that the conditions of these buildings constrain the incidence of respiratory symptoms.

**Objectives:** To evaluate the association between indoor air quality in Coimbra schools and the prevalence of respiratory symptoms, in children.

**Methods:** We evaluated 1019 students. The evaluation was conducted using a questionnaire. It was also analyzed the temperature, Relative Humidity, concentrations of various air pollutants, nitrogen dioxide, sulfur dioxide, volatile organic compounds, carbon monoxide, carbon dioxide (CO<sub>2</sub>), ozone, formaldehyde and particulate matter in fifty-one Coimbra schools.

**Results:** The symptoms mentioned most were: asthma 13.35%, 17.94% wheezing, 34.26% sneezing and 22.04% allergic rhinitis. There was a significant association between exposure to CO<sub>2</sub> values and the presence of certain symptoms: 1) "Asthma": 83.3% of children were exposed and had pathology; 2) "chronic bronchitis": 81.8% of children with pathology were also exposed to increased levels of pollutant under study significantly ( $p < 0.05$ ); 3) "wheezy and whistles", "sneezing" and "coughing": 85.8% and 86% relative prevalence were between exposure to higher levels of CO<sub>2</sub> and the presence of these symptomatology compared to children who were not exposed and without symptoms, 4) "allergic rhinitis": 87% of children were exposed to increased levels of CO<sub>2</sub> and this had symptoms compared to the unexposed. We also observed that most children attending school parish "predominantly urban" and "urban medium" and who had symptoms were also more exposed to elevated CO<sub>2</sub>.

**Conclusions:** The exposure to risk values CO<sub>2</sub> revealed to be associated with certain respiratory symptoms.

## EXPECTATIONS OF PEDIATRIC HOSPITAL STAFF REGARDING THE OPERAÇÃO NARIZ VERMELHO'S HOSPITAL CLOWNS

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**Introduction:** In Portugal, amongst the interventions that combine art, play, and humor for the promotion of wellbeing and quality of life in pediatric settings, the hospital clowns are attracting growing attention and recognition in society, particularly, amidst their targets: children, parents, and hospital staff.

**Objectives:** To identify the pediatric staff's main expectations regarding the work of Operação Nariz Vermelho.

**Methods:** Assessment of staff's expectations (n = 37 professionals) one month before the HC's started their intervention was completed with a 30 minutes interview. The anticipated advantages and disadvantages of HC's presence, the activities they might perform conjointly, the functions HCs should undertake, or the skills they could learn via observation and collaboration with HCs were examined.

**Results:** Substantial openness of most of the professionals regarding the presence and teamwork with HCs, and anticipation of several advantages for the child, parents, staff, and the hospital were described. The attenuation of the negative impact of internment

experiences, greater cooperation with staff, or the facilitation of family-staff communication was anticipated as advantages. Fear of clowns and the feeling of “childishness” (amongst teenagers) or “disrespect” for the children’s emerged as main difficulties.

**Conclusions:** The hospital staff’s receptiveness regarding joint work with HCs is understood as vital to the reinforcement of the benefits that this type of intervention might have on all the pediatric community. Additional studies are being developed within “Rir é o melhor remédio?” interventions, in order to confirm this assumption.

## HEALTH IN TIMES OF ECONOMIC CRISIS: LEARN WITH THE EVIDENCE

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**Introduction:** Economic crises produce impacts on the physical and mental health of the populations. Health risk factors increase while protection decreases. The effects manifest themselves differently in time but can be prevented or mitigated.

**Objectives:** To understand the negative effects of economic downturns on population health and ways to prevent them.

**Methods:** Literature search in MEDLINE, and other sites of evidence-based medicine, of articles published from January 2000 until February 2013, using the MeSH terms: Economic crisis, Financial crisis, Health, Mental Health.

**Results:** The scientific production in recent years has shown the effects of economic crises on health. There was an increase in mortality rates for most leading causes of death. Infant mortality, mortality related to homicides and suicides increases whereas mortality from road accidents decreases. The rise in unemployment is associated with higher suicide rates. The most vulnerable groups are particularly affected. The effects of economic crises can be mitigated. Investment in active labor market policies reduce the impact of the recession on the population’s mental health and decreases suicide rates. Strong social protection systems make societies more able to face adversity. Support programs for low-income families, institutions that create social networks, measures to combat over-indebtedness, decreased accessibility to alcohol and the proximity of mental health services to the people can make a difference.

**Conclusions:** The adverse effects of economic crises on populations are predictable and can be mitigated with appropriate measures.

## FEATURES OF RELATIVES OF CHILDREN WITH TYPICAL AND ATYPICAL PHONOLOGICAL PROCESSES BETWEEN 6 AND 7 YEARS

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**Introduction:** During language development, children perform phonological processes that are described as simplifications of adult speech. These can be considered as typical or atypical according to the age at which they occur. It is expected that atypical development may be related family and demographic characteristics.

**Objectives:** Determine the prevalence and relationship between the occurrence of typical and atypical phonological processes

in children between 6 and 7 years old with the features of their relatives.

**Methods:** We studied 28 children of both gender, aged 6 and 7 years old, attending the 1st CEB in the region of Leiria and Vale de Cambra. Fulfilled authorizations and formal ethics, TFF-ALPE was applied for data collection.

**Results:** 82.1% (23) of children presented phonological processes, however 25% showed atypical ones. Of these children, 20.8% have mothers with secondary or higher educational background and 13% with more than 41 years. The 5 children belonging to families rebuilt presented phonological processes but only one showed atypical ones. One parent reported a history of language disorders and other of speech disorder but only the son of the latter presented atypical processes. The number of elements of the household is not related to the presence of phonological processes ( $p > 0.05$ ).

**Conclusions:** The presence of phonological processes between 6 and 7 years old is an evidence. However, the assumption that these would be related to the academic qualifications and mother’s age, family type, number of members in the household or phonological disorder family history was not confirmed.

## THE PUERPERA’S PERCEPTION OF THE CARE RECEIVED

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**Introduction:** Understanding what a woman considers important with regards to obstetric practices and how they perceive them allows for us to direct the care provided towards their true needs.

**Objectives:** To assess the relationship between perception and the importance of care the care received with regards to “care provided”, “reaction towards pain”, “social and family support”, “attention given to well-being” and “attention given postpartum/ after released from hospital”.

**Methods:** This is a quantitative, descriptive, analytic-correlational cross-sectional study with a sample of 405 puerperae, admitted to maternity wards after childbirth. The protocol for assessment allows for the socio-demographic and obstetric characterisation of the sample and includes the Perceived Importance of Obstetric Practice Scale (Roman Oliver, Espinaco Garrido, 2008).

**Results:** The importance shown by participants regarding obstetric practices highly influence how they perceive them, as the importance manifested is greater than the perception. Of the percentage of participants (77%) who consider it to be “very important” to have non-pharmacological methods for pain relief, more than half (75%) were “poorly attended to.” A large number (58.4%) of routine interventions are performed and only 66.39% of the participants were informed about them.

**Conclusions:** Further deepening the knowledge about the woman’s perception towards the care they receive allows health professionals to introduce change and develop strategies in pursuit of excellence in care.

## “HIGHLY SECURE”: APPROPRIATE TRANSPORTATION FOR A NEWBORN

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**Introduction:** The use of child restraints reduces the occurrence of death or serious injury in children by 90 to 95% (Directorate General

of Health, 2010) thus constituting the most effective measure to protect children and reduce infant morbidity and mortality in case of traffic accident (Amann, 2012).

**Objectives:** To assess the level of knowledge of mothers regarding the safe transportation of full term newborns and whether knowledge of the law on transporting babies in an automobile influences the mother's self-perception of caring for a full term newborn.

**Methods:** This is a quantitative, descriptive, analytic-correlational cross-sectional study. The sample consists of 212 women admitted to Obstetrics at the Hospital Centre in the central region of Portugal. The assessment protocol includes an index of knowledge on the safe transport of a newborn and a Self-Perception Scale of Maternal Neonatal Care Skills (Santos & Mendes, 2004) which revealed a Cronbach's alpha of 0.963. The mothers who know the laws of transporting a baby in an automobile were the ones who reported greater self-perceived maternal skills in relation to "health and comfort," "maintenance of body temperature" and "avoiding dangers".

**Conclusions:** The postpartum period in hospital offers various educational opportunities for parents. We consider the implementation of the project "Highly secure" to be essential in order to overcome the difficulties highlighted in our research.

## TELEVISION ADVERTISEMENTS AND CHILDREN HEALTH RISKS, TWO NATIONAL TV CHANNELS

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**Introduction:** Media affects public specially the most undefended group children, using the communication tools such as TV adds. Producers try to change buying habits of children using advertisements which also effects parents' purchases.

**Objectives:** To assess the relationship between tv commercials and children health risks.

**Methods:** This is a quantitative descriptive study with a sample of 1714 tv adds broadcasted at 2 national tv-channels (children channel- general population based channel) between 08.00-19.00 hours. The evaluation protocol includes a form of 15 questions and subscales. SPSS 15.0 was used at analyses.

**Results:** We found that the harmful food advertisements were used especially between 08.00-10.00. Children characters were used at 41.83% of the adds, fantastic, exaggerated and humorous expressions were chosen at children channel more than the general population targetted channel. Music, supernatural forces, fun and adventure based themes were dominant at children tv channel whereas music, fun and taste were chosen at the other channel. Consumption, self-confidence and negative feedback to family unity were given feelings at both channels. Risky adds were used at children tv-channel (53.2%) more than the other channel (15.6%). Indirect advertisement method was chosen at the general population based tv channel (14.1%/0.9%). All parameters given above were statistically significant ( $p < 0.001$ ). 34.8% of the adds in children channel, 30.0% of the adds at the other channel used suggestive and indirect language at advertisements ( $p = 0.041$ ).

**Conclusions:** The results enhance the need to legal arrangements for the tv advertisements. Awareness of health risks of watching tv adds must be created at the families.

## TRAINING MEDICAL STUDENTS TO PREVENT DISCRIMINATION IN THE HEALTH SYSTEM: AN INNOVATIVE MODEL FROM ROMANIA

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**Introduction:** Discrimination persists in the health system and affects access to healthcare for vulnerable groups. This has been recognized also by medical students, as shown by a study conducted in Romania by NGO ADIS in 2011, titled "Health and Non-discrimination". This study reveals that medical students don't know how to identify discrimination and are not trained to prevent it.

**Objectives:** This project aims to increase the knowledge, understanding, acceptance and respect for minorities of Romanian medical students and future health professionals. The goal is to prevent discriminatory attitudes and behavior towards patients belonging to the Roma minority

**Methods:** ADIS has developed the university course on "Ethics and non-discrimination of vulnerable groups in the health system" and created the necessary conditions for introducing it in the curriculum of three medical universities in Romania (the state universities of Iasi, Cluj-Napoca and Targu Mures). The course provides an introduction to medical ethics, and increases medical students' knowledge on the discrimination issue and the Roma minority.

**Results:** Three prestigious universities have accepted the ambitious challenge to include a relatively new topic in the training of medical professionals in Romania. Moreover the students recommend the course since it helps them develop the necessary skills for building a prejudice-free relationship with patients belonging to other ethnic groups.

**Conclusions:** The university course discussed above represents the first initiative of this kind, developed and implemented by an NGO in Romania. The oral presentations presents the plans of ADIS to transform this initiative into a national public policy with the aim to support Roma people's access to health services.

## CHILDREN'S SLEEPING HABITS: REALITY IN PRIMARY HEALTH CARE

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**Introduction:** Sleeping problems are common concerns for parents. It is estimated that up to 25% of children experience some kind of sleep disturbance during childhood.

**Objectives:** Analysis of children's sleeping habits in the environment of Primary Health Care.

**Material and methods:** The portuguese version of Children's Sleep Habits Questionnaire (Owens et al, 2000) was applied to a population of children between 5 and 10 years old. The questionnaire was answered by parents, in the setting of routine medical visit in Primary Health Care. Analysis of results.

**Results:** We obtained 50 questionnaires, with equal sex distribution. Most children are between 5 and 6 years old, and have regular sleeping habits. The most frequent issues at bed time are the need for parental presence to fall asleep and falling asleep in other's bed. Most children take up to 20 minutes to fall asleep. Anxiety associated to sleep is frequent in 18 to 28% of population, and is

more prevalent in the youngest age group. Parasomnias affect 2 to 28% of children, restless sleep and grinding are the most common behaviours. Sleep disordered breathing affects 18% of children. Most do not show daytime sleepiness and 84% of parents believe their children do not have sleep disturbances.

**Conclusions:** Parental perception of sleep problems is a valuable instrument in the analysis of children's sleeping habits, however it is subjective. Most detected sleep disturbances can be addressed in Primary Health Care settings, providing an opportunity to early correct these issues and prevent chronic sleep-related problems.

## SELF-CARE IN PEOPLE WITH DIABETES

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**Enquadramento:** A evidência científica atual é unânime quanto à importância da adesão às atividades do autocuidado na pessoa portadora de diabetes por forma a minimizar o aparecimento de complicações.

**Objetivos:** Avaliar as atividades de autocuidado em pessoas portadoras de diabetes no Centro de Saúde de Ilhavo, Portugal.

**Métodos:** Estudo descritivo realizado numa amostra de 84 diabéticos, maioritariamente do sexo feminino (52.4%) de 67 anos com o 1º ciclo do ensino básico. Utilizou-se a escala: "Summary of diabetes self-care activities" Glasgow, Toobert, Hampson (2000), versão portuguesa Atividades de autocuidado com a diabetes, (Bastos e Lopes, 2004).

**Resultados:** As dimensões em que os participantes obtiveram melhores cuidados foram a Toma de medicação ( $M = 6.92 \pm 0.76$ ) e os Cuidados ao Pés ( $M = 6.41 \pm 1.47$ ). A pior foi a Atividade Física ( $M = 3.47 \pm 2.01$ ). Os utentes mais velhos têm maior dificuldade em examinar, lavar e secar os pés. Os homens têm hábitos alimentares que evidenciam maior consumo de pão, bebidas alcoólicas, carnes vermelhas e doces. A pessoas portadoras de diabetes com baixa escolaridade apresentam défice de cuidados com os pés, piores resultados na toma correta da medicação e praticam menos atividades físicas. Por sua vez os utentes com melhores habilitações literárias são os que melhores cuidados têm com os pés ( $H = 9.528$ ;  $p = .049$ ) e com a toma correta da medicação ( $H = 20.000$ ;  $p = .000$ ).

**Conclusões:** Implementar programas de incentivo a uma alimentação saudável, prática de exercício físico e melhoria do nível de literacia, surgem como estratégias promotoras do controlo clínico e epidémico da diabetes.

## COMPETITIVENESS AND SUSTAINABILITY: THE NEED OF A NEW ORGANIZATIONAL VISION

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Every organization needs a strategy, no matter if we are referring to an established business, an emerging business enterprise or a non-profit organization. A strategy sets the direction of the organization. It informs not only the priorities, but also the allocation of scarce resources, as well as it establishes orientations to the countless decisions that an organization makes every day (Introduction to Strategy, 2010). Strategy comprises several different sets of considerations such as: the organization's strategic objectives, or goals, the organization's mission and its original purpose and scope. The strategic plan is the way the organization provides, develops and mobilizes internal resources and abilities to reach the strategic objectives. According to the concept of strategic management of the new millennium, the

strategies should be global, should address objectively the social and ethical responsibility of the organization, define corporate values and should be inclusive, i.e. to reach all markets. Healthcare organizations also need to be managed this way: to clearly define strategic actions (tangible actions taken to operationalize the strategic plan) and to achieve the organization's strategic goals. Therefore, even non-profit organizations must implement effective analysis, explore the competitive situation, define key issues, acknowledge the critical assumptions and compensation, and suggest recommendations strategically. With this paper we intend to carry out an initial theoretical approach to the competitiveness of healthcare organizations regarding management issues.

## THE FAMILY OF THE HOSPITALIZED PATIENT IN PALLIATIVE CARE: FEARS AND EXPECTATIONS

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**Introduction:** Decree-Law no 52/2012 of September 5th defines palliative care as active, coordinate and global care given to patients in suffering due to incurable or severe disease, either in an advanced or progressive stage, as well as to their families aiming at the promotion of well-being and quality of life.

**Objectives:** To clarify fears and expectations of the family of the hospitalized patient in a Palliative Care Unit (PCU).

**Methods:** Exploratory-descriptive study, with a qualitative approach. 13 semi-structured interviews were made, in July 2012, to the relatives of the patients hospitalized in the Palliative Care Unit of the Centro Hospitalar Tondela-Viseu, E.P.E-Portugal.

**Outcome:** Six dimensions were identified: Feelings; Fears; Expectations; Needs; Positive aspects of the PCU; Aspects to improve. What the patients' relatives feel the most is helplessness/frustration (61.5%). The hospitalization in the PCU generates fears in the family, such as the fear of pain (38.5%), along with expectations, being the main one the guarantee that the pain of the patient will be relieved (46.2%). Information is the most referred need (30.8%). As positive aspects of the PCU, availability/ monitoring, proper care and pain relief are mentioned. The ratio of available professionals and the access to information are aspects to improve.

**Conclusions:** Palliative care is a reality most people do not know, since they are not aware of its basis. There is a lack of information and knowledge of the specificities of care in these units and the difference in care when compared to hospitalization in a hospital. If necessary, people do not know to whom they should turn to nor do they know what kind of support is available.

## HUMANIZATION OF NURSING CARE IN PEDIATRICS: PARENTS AND NURSES PERCEPTION

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**Introduction:** Health humanization emerged from the understanding of the human being as a person with the capacity of thinking and decision-making in different contexts.

**Objective:** To know the opinion of parents and nurses about the humanization of care in a pediatric ward, specifically on the care provided by nurses.

**Methods:** We conducted an exploratory, descriptive and transversal study. Interviews were conducted with 5 nurses who worked in the Department of Pediatrics Internment and applied questionnaires to 56 parents whose children were hospitalized in the same service. Data

collection took place between March and May 2011. Quantitative data were statistically analyzed using SPSS and qualitative data were worked through a technique of content analysis. **Results:** Nurses focus their speech on three major themes: “Nurses and humanization”, “Humanizing is Caring” and “What remains to humanize?”. To the interviewed nurses the concept of humanization is very comprehensive and implicit in all the care they provide. Nurses see the child and the family as a whole and, for them, technical care can and should be provided with humanization. The questionnaires analysis show that parents are welcomed in the vast majority by nurses and, in general, are satisfied with the humanized care provided by them. Their discontent is related to service logistic conditions and with visiting hours.

**Conclusions:** The hospitalized child needs human care and technological support. In addition to the technical and scientific competence it is essential that nurses are aware of aspects as the host, respect the uniqueness and affective involvement in humanized practices, as well as sensitivity, commitment, ethical and cultural respect.

## EMPOWERING TO SAVE

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**Introduction:** The 2012-2016 National Health Plan emphasizes the importance of gains in health “through the alignment around common goals, the integration of sustained efforts from all sectors of society, and the implementation of strategies focused on citizenship, on equality and access, on quality and on healthy policies”. Based on the Universidade Católica Portuguesa’s mission of “generating and sharing critical, innovative and socially relevant knowledge to the service of integral development of the person and the common good”, and considering that the human being is conceptualized as a person who materializes in a health project, taking care of herself, others, things and the surrounding world, arises, the training project in basic life support in secondary schools. This project aims to empower the students for a civic intervention, as health promoting agents, preventing disease and building a healthy society.

**Methods:** Qualitative/quantitative study, using content analysis and statistic treatment of questionnaires of students in a sample of 10 schools.

**Results:** Regarding the addressed subject and content, most of the students, consider them very important. They argue that the project motivates and empowers them for a safer intervention for emergency situations. They feel directly involved for being able to save lives, assuming that this responsibility not only belongs to doctors and nurses, but to everyone.

**Conclusions:** The results highlight the importance of strengthening these intervention projects within the educational community, by empowering the interveners, in a perspective of citizenship and health as integrative concepts in society.

## INFLUENCE OF THE SLEEP ON HEALTH, BEHAVIOR AND SCHOOL PERFORMANCE OF STUDENTS OF 2ND AND 3RD CYCLE OF BASIC SCHOOL

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**Introduction:** Sleep is a vital function, playing a central role in health and quality of life.

**Objectives:** To determine the quantity and quality of sleep of the students according to their residence milieu, gender and school grade; identify external factors that influence sleep; inquire the influence of sleep quality in physical and emotional health, behavior and learning in students.

**Methods:** We conducted a transversal study, predominantly quantitative. As an instrument for data collection we construct and validate a questionnaire. The sample included 502 individuals, aged between 9 and 17, 249 females and 253 males. The data were treated statistically, and a descriptive and an inferential analysis were done. We used the Student T test for comparisons between sexes and milieus (rural and urban). Chi-square test was also applied to verify the relation of dependence between several variables.

**Results:** Students from rural milieu tend to go to bed sooner than those in urban areas ( $p < 0.0001$ ); girls tend to wake up earlier than boys during the week ( $p = 0.004$ ). Across the school levels a progressive reduction in time of sleep was observed. The majority of students have multimedia equipment in the bedroom, which seems to delay the moment to go to the bed. Students with poor sleep hygiene reveal a higher incidence of negative symptoms, a not always appropriate behavior, and feel more difficulties concerning with attention and concentration ( $p < 0.0001$ ), thus leading to a weaker school performance ( $p < 0.0001$ ).

**Conclusions:** The results reinforce the importance of good sleep hygiene to improve students’ personal, social and academic life.

## MOTIVATION FOR BREASTFEEDING: SOCIODEMOGRAPHIC, OBSTETRIC AND FAMILY BACKGROUND

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**Introduction:** The prevalence of breastfeeding after leaving the maternity hospital is high, but it decreases during the first year of life. The father, grandparents and health professionals are important in the motivation for this practice.

**Objectives:** To identify sociodemographic and professional variables, and family resources that influence breastfeeding motivation. Analyse the influence of obstetric variables on breastfeeding motivation. Identify the relation between breastfeeding history in the previous and current lactation with motivation to breastfeed.

**Methods:** This is a cross-sectional, descriptive, correlational analysis. The non-probabilistic sample is composed by 271 mothers. The evaluation protocol characterizes the sample in terms of sociodemographic, practitioners, obstetric and experiences of breastfeeding. It also includes the motivation scale for breastfeeding (There, Duarte & Ferreira (2008) and the scale of family resources (Sierra, Firmino, Ramalheira & Canavarro, 1990).

**Results:** The majority belongs to a nuclear family, are first-time mothers, planned and oversaw their pregnancy, had a vaginal delivery at term, initiated breastfeeding within 30 minutes after birth, did not set breastfeeding schedules and reported difficulties on baby’s latching onto the breast. Women who breastfed previously did so for more than 3 months, which was a pleasant experience. Age, marital status and residence area do not influence motivation to breastfeed. Participants with two or more births were more motivated in the cognitive dimension. No relation was found between the variables of previous and current lactation with motivation to breastfeed. Family resources predict motivation.

**Conclusions:** We suggest the creation of rooms in obstetric services to support nursing women.

## HEALTH-PROMOTING LIFESTYLE PROFILE II: PSYCHOMETRIC PROPERTIES OF THE PORTUGUESE (EUROPEAN) VERSION

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**Introduction:** Individual lifestyles have emerged as valuable health constructs. Therefore, major efforts have been made towards developing appropriate, valid and reliable instruments for evaluating health promoting lifestyles. The present study validates and assesses the psychometric properties of the Portuguese (European) version of the Health-Promoting Lifestyle Profile II (HPLP-II).

**Methods:** After performing an adequate linguistic and cultural adaptation of the original HPLP-II scale, we have carried out a cross-sectional and methodological study focused on 300 men and 589 women ( $27.31 \pm 8.86$  years). Reliability was assessed by Cronbach's alpha, and construct validity was determined through confirmatory factor analysis (CFA).

**Results:** The results showed an adequate fit to the data, yielding a 52 items six factor structure (CMIN/DF = 2.980; GFI = .852; CFI = .847; RMR = .04; RMSEA = .048; PNFI = .744; HOELTER 0.1 = 323), whereas, a global alpha of .925 was obtained for the Portuguese version of the HPLP-II scale.

**Conclusions:** Hence, the Portuguese version of the HPLP-II shows appropriate psychometric characteristics, and can thus be applied to the Portuguese population, as an evaluation tool of health promoting lifestyles and as an instrument for testing the effectiveness of health promotion programs.

## EARLY INTERVENTION IN THE DISTRICT OF BRAGA: WHAT KIND OF SUPPORT AND BENEFITS ARE THERE FOR THE FAMILIES SUPPORTED?

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**Introduction:** The practices suggested by research in the area of Early Intervention, constantly challenge the professionals to develop ecological, transdisciplinary and family centred support (Bailey & Bruder, 2005). In this way, it is necessary to question whether early intervention services apply a family centred approach and also, if they result in benefits to families (Aytch, Cryer, Bailey, Selz, 1999).

**Objectives:** The purpose of the research in this study is to evaluate the support and benefits of Early Intervention (EI) for the families supported in the District of Braga.

**Methods:** The methodology used in this research is of quantitative nature, descriptive and inferential and the sample of this study consists of 126 families with children with special needs supported by EI teams, aged between 6 months and 6 years in the district of Braga.

**Results:** The overall results obtained in this study allow us to conclude that: families acknowledge obtaining benefits through participation in EI and consider receiving support most often, in the several dimensions presented in the questionnaire, from EI professionals. Families with higher academic qualifications feel they receive less support from EI professionals and the support

provided by EI professionals positively influence the families' perception regarding the benefits of EI.

**Conclusions:** The results of this study provide a unique contribution in Portugal to the knowledge about the benefits of EI for families and to the organization and structure of the support in this area.

## DECISION-MAKING SATISFACTION IN HEALTH SCALE: INSTRUMENT ADAPTED AND VALIDATED TO PORTUGUESE

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**Introduction:** Decision-making is an area of health research that has gained importance both for partnership models of care that give prominence to the patient and family, and for growing concern about quality and customer satisfaction with provided care.

**Objectives:** This study aims to describe the transcultural adaptation and validation into Portuguese (Portugal) of "The Satisfaction with Decision Scale".

**Methods:** We followed the method advocated in the literature. The analysis of psychometric properties contemplated: analysis of main components, internal consistency, convergent and discriminative validity. The sample consisted of 521 nursing students from the Nursing School.

**Results:** The obtained data in main components' analysis do not diverge from those of the original version and the results of reliability tests show good internal consistency for the total items. The construct validity proves its singularity.

**Conclusions:** The instrument shows reliability adequate to the sample analyzed, allowing its use in Portugal. This study is considered to be a contribute to expand knowledge on perception and process of health patients decision-making, being quite useful as complement in research and developing new strategies of sharing decisions in health.

## DECISION MAKING CONFLICT IN HEALTH: INSTRUMENT ADAPTED AND VALIDATED TO PORTUGUESE

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**Introduction:** The different options that are available to patients in health care today involve decision-making process more difficult and can trigger conflict during the same in this regard was our purpose with this study, we have an instrument that enables us.

**Objectives:** To make the cultural adaptation and to evaluate the psychometric properties of the Portuguese version of the instrument "Decisional Conflict Scale".

**Methods:** We followed the method advocated in the literature. The sample consisted of 521 nursing students in undergraduate and Master's School of Nursing of Porto.

**Results:** The results of reliability tests show good internal consistency for the total items (Cronbach's alpha = 0.94).

**Conclusions:** This instrument seeks information about decision-making taken and the factors influencing the choice decision. The psychometric study allows us to state that the Portuguese version of "Decisional Conflict Scale (DCS)," we call "Escala de Conflitos de decisão em saúde (ECDS)," is a instrument comparable

with the original Canadian instrument in terms of validity and reliability.

### SATISFACTION WITH HEALTH CARE

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**Introduction:** The health care quality management is a topical issue and increasingly urgent and is viewed as an intrinsic services necessity, since they exist to serve the users. It is therefore essential to meet users needs, expectations and a high degree of satisfaction.

**Objectives:** Describe the socio-demographic and clinical sample; evaluate the satisfaction with health care services; identify the variables that most influence patient satisfaction.

**Methods:** This is a quantitative descriptive and cross-related study with a non-probability convenience sample of 52 individuals. The data collection instrument incorporated a form socio-demographic and clinical, the EQ-5D questionnaire for assessing quality of life and IN-PATSAT32 questionnaire to measure the perception of care received.

**Results:** The health care receivers characterized the quality of life as median (56.56), 44.2% had some problems in walking, 61.5% had pain/discomfort and 50% are moderately anxious/depressed. The satisfaction with health care revealed a significant effect only when crossed with the age groups 60-79 and 80-99. We also noted the existence of a relevant relationship between satisfaction and hospital days. In general individuals in the sample refer less satisfied with the availability and the information provided, contrary to the technical and interpersonal skills. The worst grade item is affordability/access (38.5). In the overall evaluation of health care received, we found a score of 65.4. The professional group of nurses was better scored (68).

**Conclusions:** The quality of health care means knowing the degree of user satisfaction and sense of well-being of the community in general. Satisfaction with care is a central component in assessing the quality of health care from the user perspective.

### SLEEP AND VULNERABILITY TO STRESS IN STUDENTS OF VETERINARY MEDICINE

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**Introduction:** Several authors (Dias 2012; Vaz Serra, 2011), studied the phenomenon stress, and sleep disturbances. In this investigation, the vulnerability to stress and its consequences in students of the 1st and 2nd years of the Bachelor of Medicine Veterinary (MV) is studied.

**Objectives:** To evaluate the vulnerability to stress and Sleep changes in students of Bachelor of MV.

**Methods:** Quantitative approach to assess vulnerability to the stress through 23 QVS Vaz Serra (2008). In this questionnaire, it is considered to be vulnerable to stress when the overall score is  $\geq 43$ , and not vulnerable to stress when  $< 43$ . Qualitative approach to analyze sleep disorders in students with vulnerability to stress, through semi-structured interviews. The population was comprised of 109 students who participated voluntarily, and data were collected in March 2013.

**Results:** Of the analysis and quotation of the questionnaires we obtained the overall score of 37.27. We point out the averages: F1 perfectionism and intolerance to frustration, F5 Dramatization of existence and F6 Subjugation. Of the 109 students, 80 (73.39%) were female and 29 (26.61%) were male. The overall results show that 30 students present the overall score  $\geq 23$  QVS 43, being 27 female students, and 79 students present value 23 QVS  $< 43$ . From the analysis of the interviews emerged the category sleep disorders. **Conclusions:** 30 students (27.52%) have values of an overall average score of 49.63, very substantial amount of vulnerability to stress and 79 (72.48%) have no vulnerability to stress. Students vulnerable to stress present quantitative and qualitative changes in sleep namely insomnia of the initial and intermediate type.

### WHAT WE RECORD WHEN WE CARE WITH CHILD AND FAMILY? A LEARNING IN PROCESS IN NURSING COURSE

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**Introduction:** The records of nursing are the means of communication essential for the continuity of care and determinants in individualization and the quality of care to the person, in addition to reporting the outcomes of nursing interventions performed. The nursing practice reflects the competences and responsibilities of the nurse who performs interventions. It is essential that students of the Nursing Course during their academic course recognize the importance of nursing record in its whole dimensions and manage to integrate its purposes and principles.

**Objectives:** To analyze the outcomes of nursing interventions performed by students and identify the dimensions of autonomous interventions valued by them.

**Methods:** In an interpretative paradigm a qualitative study using analysis of written phrases with pertinent information that relates the records achieved by students in the care of the child and family was carried out. The study integrated 40 nursing 4th year students (school year 2012/2013), who completed the clinical teaching in pediatrics internship. The data collected was analyzed using content analysis technique.

**Results:** Obtained as organizing structure the analysis of life activities Model of Nursing by Roper, Logan and Tierney, from which emerged the records that students described as characterizing the outcome of their interventions.

**Conclusions:** We believe that, through the students' learning process of Nursing Course, the clinical learning achieved in different caring practice contexts constitutes the ideal framework for integration and enhancement which together with the theoretical learning allow the acquisition of competences, inherent in the development of nursing records.

### LET'S TALK?! (IN)FORMATION NEEDS OF PARENTS AND CHILDREN ON SEXUALITY

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**Introduction:** The family is a fundamental context in learning and experience of sexuality.

**Objectives:** This study aims to compare the training needs of parents and children about sexuality.

**Methods:** Based on the “question box” and using the technique of content analysis, we identified the topics on which they would like to get training in order to improve parent-child communication on sexuality.

**Results:** The sample consisted of 86 parents and 51 students of the 3rd cycle and secondary public school in the Lisbon area. The analysis of their questions was based on the three dimensions of sexuality, having been created subcategories, allowing you to check that: 1. parents and children have more questions on topics related to biological and physical dimension of sexuality, 2. both reveal difficulties in communicating about sexuality, 3. the themes of affective-relational and psychosocial are the least appear in the field of the concerns of parents and children; 4. The sub-categories “Sexually Transmitted Infections and HIV/AIDS” (22%), “Early life sexual” (18.6%), “Difficulties of communication” (18.6%), “Methods contraceptives” (8.1%) and “Condom” (8.1%) appear more frequently as needs and concerns of parents; 5) in the case of children, the sub-categories “Sexually Transmitted Infections and HIV/AIDS” (23.5%), “Top of sexual life” (17.6%), “communication difficulties” (15.7%), “Pregnancy” (11.7%) and “Condom” (9.8%) appear as prevalent in the concerns and interests of young people in relation to training on Sexual Education.

**Conclusions:** It is important to promote educational strategies which build communication skills between parents and children.

#### COPING, POSITIVE/NEGATIVE AFFECT, AND ACADEMIC GOAL ATTAINMENT IN FIRST-YEAR STUDENTS FROM ESTSP-IPP

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**Introduction:** Literature claims that dispositional affect can be an antecedent of important life outcomes, such as experiences of (un)success (Lyubomirsky et al, 2005). In academic contexts, literature supports the relationship between dispositional affect and indicators of goal achievement (Chartier et al, 2011). However, little is known about the processes that might be conducive to this effect.

**Objectives:** Examining the mediating role of coping in the relationship between dispositional affect and academic goal attainment. Assessing gender differences in terms of coping, dispositional affect and academic goal attainment.

**Methods:** A cross-sectional study was conducted with 70 students (90% female) attending health technical courses in Portugal. Assessment protocol included the Brief-Cope (Carver, 1997), the Positive and Negative Affect Schedule (Watson et al, 1988), and the School Achievement Goal Scale (Gaudreau & Thompson, in press).

**Results:** Indirect effects were tested using a bootstrapping resampling approach. Humor as a coping strategy mediated the relationship between positive affect and goal attainment; self-distraction coping mediated the relationship between negative affect and goal attainment. Significant gender differences were found only for emotional support as a coping strategy and for mastery dimension of goal attainment.

**Conclusions:** In accordance with recent literature, In accordance with recent literature, this study shows that specific coping strategies (humor and self-distraction) have an important role explaining the relationship between dispositional affect and academic goal attainment in polytechnic students attending

health courses. Health education policies should focus on coping strategies that promote higher academic achievements.

#### SELF-CONCEPT AND ACUTE CORONARY SYNDROME: SOCIO-DEMOGRAPHICS AND SOCIO-FAMILIAR DETERMINANTS

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**Introduction:** It's universality accepted the importance of psychological factors, namely the self concept, in acute coronary syndrome. How a person sees it self can exert influence on the individual contributing to a better and a faster rehabilitation.

**Objectives:** This study aims to related self concept in patients with acute coronary syndrome with the sociodemographics and sociofamiliar characteristics.

**Methods:** This is a quantitative correlation-descriptive and trans-versal study in which a non probability sample of 96 individuals, users of the cardiology external consult of Centro Hospitalar Tondela/Viseu and Centro Hospitalar de Trás-os-Montes e Alto Douro being that 78.1% are male, with an average age of  $66.54 \pm 10.51$  years; 75% married, 60.4% < 5 reformed, 54.2% complete elementary school, 53.5% reside in villages; 36.5% reported having some financial difficulties. **Results:** We found that women's have better self-concept ( $p = 0.817$ ). Global value of self-concept: 18.61% financial situation ( $p = 0.001$ ); familiar functionality ( $r = 0.424$ ,  $r^2 = 0.180$ ,  $t = 2.190$ ,  $p = 0.031$ )

**Conclusions:** The results enhance the need to consider the importance of evaluate the sociodemographics and socio-familiar characteristics in the planning of a structuring plan in the field of psychological factors, particularly the self concept. Thus, it facilitates a completed and effective rehabilitation of persons with acute coronary syndrome.

#### PARENTAL STRESS AND SOCIAL SUPPORT FOR FAMILIES OF CHILDREN WITH SPECIAL EDUCATION NEEDS

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**Introduction:** The research on the functions of social support for families of children with special education needs has been sustain that this construct influences different dimensions of parental functioning.

**Objectives:** This study is in the context of the inclusive paradigm and aims: i) to compare groups of parents of children with and without special education needs, with regard to the variables social support and parental stress; ii) understand the relationships between stress and social support variables; iii) to analyze the predictive dimension of social support on parental stress.

**Methods:** This is a non-experimental and cross-correlated study with a non probabilistic convenience sample of 301 parents or caregivers. Data were collected in groups of schools and institutions of support for disabled children on the district of Viseu. The gathering instruments were the Parental Stress Index (Adidin & Santos, 2003), the Social Support Questionnaire - short version (Pinheiro & Ferreira, 2001); Parental Questionnaire (sociodemographic, family and school data).

**Results:** Both groups of parents show significant differences in all total and partial evaluations of parental stress and partly on social support (satisfaction with support), but not in the availability of



social networking. Regression analysis for parental stress enhances the predictive value of social support, behaviour problems and family problems.

**Conclusions:** Social support arises as a variable that has significant relationships with parental stress, emerging with a strong predictive power. This line of research should be continued in order to analyze the role of social support as mediator variable of parental stress and well-being in families of children with Special Education Needs (SEN).

## EMOTIONAL IMPACT OF SUDDEN PAEDIATRIC DEATH IN NURSES

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**Introduction:** Sudden death is a traumatic event in the professional life of nurses capable of causing emotional changes and comprises a set of events that nurses in the emergency department and in paediatric intensive care are subject to and that can enhance the Secondary Traumatic Stress Syndrome. STSS it's an empathic response to the suffering of others, defined by symptoms and emotional reactions similar to Post Traumatic Stress Syndrome. The aim of this study was to explore the impact of sudden death in nurses working in the emergency department and in the pediatric intensive care unit.

**Methods:** The Impact of Event Scale-revised (Weiss, Marmar 1997; Translation and adaptation: Matos, M. & Pinto-Gouveia, J. 2006) and a sociodemographic questionnaire was administrated to 62nurses of pediatric emergency departments and intensive care from two central hospitals in Funchal and Porto. Since the instrument has not been used before with nurses we first examined its psychometric properties by calculating Cronbach's alpha. The result was very good --0.948.

**Results:** The participants' average age was 35.68 years and the sample was mainly constituted by women (83.9%). The average work experience was 13 years. 37.1% (n = 23) of the respondents have had more than 10 experiences of sudden death, 33.9% (n = 21) happened over a year. In relation to the results in the EIA-R subscales, intrusion obtained the highest score (M = 10.91).

**Conclusions:** High levels of intrusion reveal that the emotional impact of the sudden death of children or adolescents is translated by the presence of uncontrollable thoughts and feelings about the event. This study is part of a wider research and will be complemented with semi-structured interviews, hoping to get a deeper understanding of the phenomenon.

## LIFE, LOVE AND FRIENDSHIP AS HUMAN VALUES: CONTRIBUTION AND ASSERTIVENESS OF BIODYNAMIC VITAL EQUATION

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**Introduction:** This work becomes worthwhile because once again remind the noble values that characterize the human being, how

it evolves in its construct, the limitations thereof and recalls the necessary assertiveness of the project life is offered and the complexity of its dynamics.

**Objectives:** This study aims to contribute to the conceptual learning and renewal of our values and a continuously symbiotic in time.

**Methods:** Closer to reality by modeling.

**Results:** Assigning a numerical value to each unit of human behavior, we obtain with Equation Vital Biodynamic an activity profile/performance that matches our lifetimes. This allows us to stratify, measure and compare and even anticipating our journey of existence from birth to death.

**Conclusions:** The devaluation of our behavior/activity/performance, by decoupling the resoluteness of the values and increased complexity of these can be fatal to the stability of human life. The preservation of the human genome is essential for the stability of our species and key to its continued existence.

## HEALTH AND HUMAN RIGHTS: THE EMERGENCE OF NATURAL POLICY EXPERIMENTS

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**Introduction:** Human rights are basic freedoms and rights that should be bestowed upon all people worldwide. A particular focus has been placed on vulnerable groups (e.g. women and children). Although in Western Europe and the USA human rights are respected, variation exists worldwide in the manner to which human rights are upheld by government.

**State of the Art:** Research is starting to emerge in the form of natural policy experiments that examines aspects of health and human rights using an international comparative perspective. Most natural policy experiments are based on aggregate population health figures such as infant mortality rate. Studies using sophisticated multi-level methods joining micro- and macro-level data are emerging. Much can be gained from these studies, especially in the field of child health, as they are the driving force behind understanding the extent in which policies work.

**Practical implications:** Policies vary substantially across Europe and comparative data is easily accessible. In our quest to develop more natural policy experiments we should not overlook emerging societies, since many of these countries have distinct systems and show favorable population health rates. To fully capitalize on this type of research more large global comparative population health surveys need development, measuring health of adults and children.

**Conclusions:** Empirical natural policy experiments connecting health to human rights are not often completed in social epidemiology literature. Few studies empirically study this topic using large scale micro- and macro-level datasets. Natural policy experiments provide a new dimension to the health and human rights field. Global studies may enrich our knowledge. For further development more large datasets are needed.