



# Atención Primaria

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## PARALLEL SESSIONS: POSTERS

# 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

### 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.

### THE REDUCTION OF HEALTH INEQUALITIES DURING PREGNANCY: A CHALLENGE FOR HEALTH PROMOTION

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The health promotion is the process of enabling people to better master the determinants of health and thereby improve their

health. The World Health Organization states that in order to promote equity on health among populations, it is necessary that all individuals have an equal opportunity to be healthy, with a fair and equitable access to health resources. How can we implement actions capable of taking into account the dimensions of prevention and education when it comes to promoting the health of pregnant women in a fairly manner? This context is the starting point of our study, based on the analysis of educational practices developed by midwives in prenatal care in Primary Health Care in the District of Braga, in northern Portugal. We conducted a case study where we focused on semi-structured interviews, direct observation and documentary research. Pregnant women interviewed valued the work of the midwife in prenatal care in regard to health education. However, we found that the majority of pregnant women have not had the opportunity to be followed by midwives and participate in the preparation sessions for childbirth and parenthood. The educational practices used were based on a standard pattern for all women requiring the knowledge of professionals. We conclude that the educational activities are an integral part of two models that we call traditional and dialogical.

### SOCIAL REPRESENTATIONS OF THE "NEW AND OLD DRUGS" AND ITS CONSUMERS

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**Introduction:** This study conveys the relationship between the psychological and social dimension.

**Objectives:** Through it we aim to contribute to the understanding of the changing of drug consume patterns registered in the present time. This investigation consists in the comparison of significant differences in the social representations, about the "old and new drugs" and their consumers, from two age groups (12-15 and 22-25), coming from disqualified environments. A part of the presupposition of the modification of consume patterns can find its explanations, among others, in the different conjunct of social representations among the distinct age groups, representative of development periods, which are also divergent.

**Methods:** We opted by a methodology of mixed character - qualitative in a first moment and quantitative in a second one-and

by the observation instruments: Interview (among 20) and attitude and opinion test (in a total of 300), and by correspondent techniques of analysis of contents and analysis of data statistic (factorial analysis and test of averages differences).

**Results:** We conclude that the theoretic hypothesis conveyed is confirmed, now that the age group of 22-25 years old reveals dominions of social representations of more negative tendency, regarding the consume and consumer of "new drugs", and the group age of 12-15 years old demonstrates the social representations of more negative tendency, regarding the consume and consumers of "old drugs".

**Conclusions:** From here result different attitude tendencies, concerning the different consume patterns.

### PREVALENCE AND TRENDS OF METABOLIC SYNDROME IN SIBERIAN ADOLESCENT POPULATION (2003-2009)

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**Introduction:** Metabolic syndrome (MS) and its components are early diagnostic precursors of cardiovascular disease and type 2 diabetes. Number of adolescents with impaired glucose metabolism has increased significantly in the last decade.

**Purpose:** Estimation of trends in the prevalence of MS and its components (high triglycerides, low HDL cholesterol, high blood pressure, abdominal obesity and hyperglycemia) among adolescents aged 14-17 years in Novosibirsk.

**Methods:** Representative samples of adolescent population aged 14-17 were investigated in Novosibirsk. The survey was conducted in 2003 (663) and in 2009 (742 adolescents). The prevalence of MS components was assessed by IDF criteria (2007): abdominal obesity ( $\geq 90$  percentile waist circumference) and the presence of two or more other components of the syndrome (triglycerides  $\geq 150$  mg/dL, HDL cholesterol  $< 40$  mg/dL, blood pressure  $\geq 130/85$  mm Hg, plasma glucose  $\geq 5.6$  mmol/l).

**Results:** In the period 2003-2009 the prevalence of abdominal obesity among adolescents was on the rise. The prevalence of low HDL cholesterol levels in 2009 doubled in comparison with 2003 year (12.1% vs. 6.0%,  $p < 0.001$ ), similar dynamics observed in study of high blood pressure (in 2003 – 9.4%, in 2009 – 15.0%,  $p < 0.001$ ). The incidence of hyperglycemia significantly increased (4.0% in 2003 and 1.3% in 2009,  $p < 0.001$ ). The frequency of hypertriglyceridemia decreased (1.5% in 2009 to in 2003,  $p < 0.003$ ). The prevalence of MS by IDF criteria (2007) among adolescents in 2009 slightly increased (0.3% and 0.5%, respectively).

**Conclusions:** For the period 2003-2009 the prevalence of MS in Siberian adolescents were not significantly changed, but there was a tendency to increasing. However a rising of a prevalence of most of MS components was registered.

### PERCEIVED PARENTING PRACTICES AND ADOLESCENTS ALCOHOL USE

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**Introduction:** Alcohol use among adolescents is a major public health problem and has large short- and long-term consequences

on their health and psychosocial adjustment. Studies suggest that positive parent-child relationships, age-appropriate monitoring of children's activities, and warm and supportive disciplinary strategies are important predictors of adolescent psychosocial adjustment and healthy behaviors.

**Objectives:** Our study examined the associations between alcohol use among adolescents and parenting practices.

**Methods:** A total of 239 adolescents aged 10-15 years old living in Algarve (Portugal) filled in questionnaires about maternal and paternal parenting styles (ESPA29), alcohol use (HBSC), and socio-demographic information.

**Results:** Contrast analysis performed (MANOVA and ANOVA) showed a different parental socialization profile for the adolescents who never had consumed alcohol from those who had one time or more. In general, these differences occurred in parental acceptance/involvement, with the first group showing greater scores than the second one, but not for coercion/imposition. There are differences between both groups of adolescents regarding adolescents' gender, but not according to age. Therefore, girls who had never consumed alcohol reported greater scores in acceptance/involvement and lower in coercion/imposition for the father and the mother; boys who never did it differed from those who had consumed alcohol in perceived parental socialization for their fathers, reporting higher scores in acceptance/involvement.

**Conclusions:** These results show the importance of considering the inclusion of parents in alcohol use prevention programs.

### AUDITORY HEALTH IN SECONDARY SCHOOL STUDENTS

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**Introduction:** Hearing loss has become ever more common among young people. This is due to the fact that high intensity sounds have become a daily part of life. The MP3 player which allows individuals to listen to music for hours on end virtually anywhere, and night clubs are examples of this.

**Objectives:** This study was carried out to examine audiological health habits in secondary school students and relate them to hearing ability and skills.

**Methods:** A questionnaire was administered and a hearing test to thirty-one young people entering high school.

**Results:** It was found that: 26 (83.9%) of these youths had normal hearing and that the frequency most affected by hearing loss was 6000 Hz. However, 83.9% (26) of subjects used headphones in both ears; 19 subjects (61.3%) listened at intensities of more than half of the level on the sound dial; and 20 of these youths (64,5%) regularly went to places with loud music. Among the young people attending music venues with loud music: 6 (30%) tended to stay close to the speakers; 17 (85%) left these places with a worse sense of hearing, and 18 (90%) left with ringing in the ears. Also noteworthy is that, from all subjects, 12 (38.7%) felt uncomfortable with loud sounds and 48.4% (15 students) had difficulty understanding the teacher when there was noise while one of them had difficulty understanding the teacher in silence.

**Conclusions:** Although this study did not reveal the presence of hearing loss among young people, it reveals some precursor symptoms and/or central auditory processing disorders, such as tinnitus, sensitivity to loud sounds and the difficulty of perceiving with noise present. Thus, the implementation of audiological health programs in our high schools becomes quite important and urgent.

## STUDENT'S KNOWLEDGE ABOUT LOVE AND VIOLENCE IN DATING: THE EFFECTIVENESS OF AN EDUCATION SESSION

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**Introduction:** Violence integrates our daily lives under varied forms. A considerable number of young people have already been victim of violence in dating relationships, and peer education can be a strategy of health education.

**Objectives:** To evaluate the effectiveness of a health education session on dating violence, among students of the 3rd cycle of basic education.

**Methods:** A quantitative quasi-experimental, pre-test and post-test study was designed without a control group. A total of 141 students selected by convenience sampling participated in the study. We applied a questionnaire comprising socio-demographic and dating questions; along with the scales of "Knowledge and Practice Behaviours", "Violence in Dating Relationships" (Dixe et al, 2010) and "Myths Related to Love" (Catarino et al, 2011).

**Results:** Among the respondents, 19.9% of the students were dating, 1.4% experienced dating violence and 21.3% were aware of dating violence situations. The data revealed that 25.5% of students don't know who/how to ask for help, which is a lower ratio than the 38% identified by the "Networks Knowledge" (2011). After the educational session, the proactive attitudes and the number of students able to identify ways of help increased (from 73.8% to 95.0%), indicating that the peer education had positive results. On average, the students' knowledge about violence in dating relationships increased after the education session ( $M1 = 37.5$ ;  $M2 = 39.9$ ), with differences being statistically relevant ( $Z = -5.146$ ;  $p \leq 0.05$ ), and consistent with Matos et al (2006) and Ribeiro (2008). **Conclusions:** The education session had a positive impact on the student's knowledge about dating violence. The involvement of nurses in a school project will have a major role in promoting healthy behaviours.

## UNHEALTHY FOOD BEHAVIORS IN YOUTH AND ADULTS: AN EXPLORATORY STUDY

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**Introduction:** Fast food consumption increases weight gain during transition from adolescence to adulthood (Niemeier, Raynor, Lloyd-Richardson, Rogers, & Wing, 2006). Additionally, the recommendation of a moderate intake of sweeteners is due to the negative impact in oral health and in the nutritional value of the diet (Guthrie & Morton, 2000). These unhealthy behaviors have consequences in weight gain and related problems.

**Objectives:** Explore youth and adults unhealthy food behaviors (sweeteners and fast food).

**Methods:** The present study was exploratory with a convenience sample of 129 participants (57% youngsters and 43% adults). Only some subscales of the selected instrument (Food Frequency Questionnaire) were used for evaluation of food frequency consumption considering a  $p$  value  $\leq .05$  for inferential analyses.

**Results:** Statistical significant difference using Mann-Whitney ( $p = .020$ ) in age group analysis (10-21 vs 22-57 years) with higher results for youngsters in sweeteners sub-scale when compared with

adults ( $19.98 \pm 4.76$  vs  $17.69 \pm 6.23$ ). A negative and significant ( $p \leq .05$ ) correlation (Spearman) between age and sweets frequency consumption was found. Statistically significant age group differences were found with higher fast food scores (eg.: pizza and hamburgers) for youngsters compared to adults ( $p = .004$  and  $p = .000$ ).

**Conclusions:** Despite the investment in information and awareness campaigns, the present results show us the persistence of these behaviors in young people, whose important consequences require reflection and evaluation of the strategies that have been adopted. It's also important to show people who need to cope with everyday demands that it's possible to make healthier fast food choices.

## MENTAL HEALTH LITERACY IN ADOLESCENTS: FROM RECOGNITION TO LOOKING FOR HELP. SYSTEMATIC REVIEW OF THE LITERATURE

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**Background:** Mental disorders often arise in adolescence and have a deep impact on adolescents and families. However, in the most frequent situations, adolescents do not receive appropriate help, while for the more severe psychotic disorders, help is received with much delay. The low level of Mental Health Literacy is crucial to the lack of help-seeking behaviors during adolescence, affecting the development and increasing the risk of recurrence of the disorders.

**Aim:** This review aims to systematize the current knowledge on Mental Health Literacy in adolescents, focusing on the recognition of the disorder and help seeking behavior for the most common mental health problems: depression; anxiety and emotional stress, and substance abuse.

**Methods:** Eleven published studies of recognition of mental disorders and help-seeking in adolescents were identified through searches of CINAHL, Medline, B-on and RCAAP. A thematic analysis was undertaken on the results reported in the quantitative and qualitative literature.

**Results:** Adolescents showed difficulties in the recognition and identification of the key symptoms of mental disorders. Levels of recognition are higher in depression, especially in the presence of severe symptoms. Stigma, resilience and preference for informal help are the main barriers to accessing professional help. Insecurity and lack of confidence on individual capacities conditioned the first aid.

**Conclusions:** New technologies (e.g. Internet and SMS) and school programs are important sources of support and promotion of mental health literacy. Strategies for improving recognition and help-seeking by adolescents should focus on improving mental health literacy, reducing stigma, and taking into account the desire of adolescents for resilience and self-reliance.

## AGE-FRIENDLY COMMUNITY SUPPORT AND HEALTH SERVICES IN THE CITY OF VISEU

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**Introduction:** Health and support services are vital to maintaining health and independence in the community, being one of the eight

dimensions considered in an age-friendly city (WHO, 2007). Viseu is a city with an elderly population of 18.661 and an aging index of 123.7 (INE, 2011). These ageing indicators point out to the need of an appropriate and accessible health and social care that contribute to the life quality in advancing age.

**Objectives:** Analyze the satisfaction with the community support and health services of Viseu in community-dwelling adults.

**Methods:** A sample of 49 citizens aged  $\geq 55$  (73.79,  $\pm$  9.62 years) resident in the city of Viseu completed the 22 items about the community support and health services from the WHO checklist on Age-friendly Cities and a sociodemographic questionnaire.

**Results:** The higher satisfactory perceptions in the community support and health services are the existence of personal care and the facility to use public transport to access these services (73.8% each) and the lowest perceptions are in the existence of clear information about the services and ease of finding information (2.4% each). The differences between the results of Viseu and the national ones (Association VIDA, 2012) are the existence of cleaning services and the facility to reach services using public transports, with better results for Viseu.

**Conclusions:** Older adults of Viseu have a global satisfactory perception about the community support and health services, but the low appreciation of the information parameters should be valued and explored. Greater knowledge of the way citizens evaluate the adequacy, accessibility and quality of community resources must be an initial step for setting goals and action plans, providing guidance for future interventions.

## CHARACTERIZATION OF THE LIFESTYLES OF STUDENTS IN A VOCATIONAL SCHOOL IN PORTUGAL

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**Introduction:** Lifestyle-related behaviors (physical activity, diet, use of psychoactive substances) are major health determinants of non-communicable chronic diseases (WHO, 2002). On the other hand, adolescence is a critical period of behavioral development which

**Objectives:** To characterize the lifestyles of students in a vocational school.

**Methods:** A quantitative descriptive study was conducted with a convenience sample of 64 students attending a vocational school in Portugal. After the permissions and informed consent were obtained, both a questionnaire on the social-demographic characteristics and lifestyles and the AUDIT and ASSIST tests were applied. Data were analyzed using IBM-SPSS, v.19.

**Results:** Most participants are female (57.8%), aged between 15 and 23 years ( $M = 17.8$ ,  $SD = 1.6$ ). In this sample, 54.7% of students engage in no regular physical activity. As for BMI, 79.7% of the students had normal scores, 6.2% were below the recommended range (18.5 and 24.9), and 14.1% had a BMI  $> 25.0$ . As for the use of psychoactive substances, 26.6% mentioned that they had already used illicit substances (cannabis); 78.1% of students had already smoked cigarettes, and 32.0% of these didn't smoke in the past three months. Regarding alcohol consumption, only one student in this sample had not tried alcoholic beverages. After an analysis of the risk levels, the scores indicate that 84.4% of the students have a low consumption risk, while 15.6% are at risk for alcohol consumption.

**Conclusions:** These findings suggest the need to develop targeted prevention interventions according to the identified levels of risk.

## CHILD PARTICIPATION IN SPORTING, CULTURAL AND COMMUNITY ACTIVITIES AND THEIR PSYCHOSOCIAL OUTCOMES

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**Objectives:** To examine the relationship between children's participation in sporting, cultural and community activities and their psychosocial outcomes.

**Data Sources:** The data is taken from the Growing Up in Ireland survey. This is a nationally representative survey of over 8,000 nine-year olds.

**Methods:** The analysis for this paper is undertaken in two stages. In the first stage factors that determine child participation in sporting, cultural and community activities are examined. These factors include the ethnic and religious status of the child's family, their family's social welfare status, maternal education, family income, locality and child's health. In the second stage we examine the association between a child's participation in these activities and their psychosocial outcomes as reported by the child, their primary caregiver and their teacher. A range of other socio-economic factors are also controlled for in the analysis.

**Results:** A family's minority status has a significant negative impact on the probability of that child organised activities ( $P = 0.00$ ). We also find a strong positive association between maternal education, income and whether the child's parents undertake voluntary activities and the child's participation in these activities ( $P = 0.00$ ). In terms of the child's psychosocial outcomes we find a positive association with participation in sporting and cultural activities ( $P = 0.01$ ), other socio-economic factors such as social welfare have a role to play.

**Conclusions:** Participation in these activities is lower for minority groups and impacts the child's psychosocial adjustment. It is important that policymakers endeavour to encourage involvement for all children, but especially those from minority groupings.

## ATTITUDES REGARDING HOMOSEXUALS AMONG PRE-SERVICE BIOLOGY TEACHER TRAINING FOR SECONDARY SCHOOLS IN MOZAMBIQUE

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**Introduction:** Hostility towards non-heterosexual individuals is an evident phenomenon in various societies and cultures, whether Western or African, and in Mozambican schools it is highly visible.

**Objectives:** To analyze the attitudes of students of the Bachelor's Degree in the Teaching of Biology in Mozambique toward gay men and lesbians.

**Methods:** A purposeful sample ( $N = 127$ ) consisting of college students enrolled from the first to last years in the Bachelor's Degree in the Teaching of Biology in the Faculty of Natural Sciences and Mathematics of the Pedagogical University in Maputo was selected. An attitudinal scale for gay men and lesbians that included four factors (condemnation to homosexual behavior, morality and contact with homosexuals and stereotypes) was used as a data collection instrument.

**Results:** Data showed that the global attitudes toward homosexuals reflected the negative extremes of the attitudes toward gay men and lesbian women. The average of homo-negativity of male students in relation to gays is relatively higher than that

of female students. Overall, male students had a higher average of homo-negativity than the female students, whose differences in averages were not statistically significant. Although men presented higher averages to homo-negativity on both subscales, the differences were not statistically significant, both in the subscale regarding gays and lesbians.

**Conclusions:** The results of this study show how urgent it is to work on pre-service teacher training regarding sexual diversity and, more specifically, homo-negativity.

### HYPPOTHERAPY PROGRAM FOR REHABILITATION OF CEREBRAL PALSY CHILD

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**Background:** The Equotherapy is a therapeutic and educational method which pursues the biopsychosocial development of people with deficiency or special needs. Structured in three basics programs for ANDE-Brasil: hippotherapy, rehabilitation or educational and pre-sporting has been showed as an advantageous therapy once it favors the development of psychomotor, postural and social functions.

**Objectives:** Propose to the child with Cerebral Palsy opportunities of interdisciplinary treatment and specific of hippotherapy.

**Methods:** In a hole of 270 sessions performed once a week for thirty minutes, the therapy is directed through the treatment results and the discuss reunions of conduct and planning for the team.

**Results:** Were attended five children with CP diagnostic in the year of 2012 of both gentles, aged between 3 and 9. The GMFCS ranked as level IV and V participated of the hippotherapy where the horse act like an kinesiotherapeutic instrument and developed activities of fortification and motor correction; those in level II and III participated of an education-reeducation program where the horse is the pedagogic instrument, and the classified as level I which presented appropriated conditions to conduct the horse attended the pre-sporting program. The data analysis through the comparison with the initial evaluations indicates in the motor aspect the following results: a) improvement in body equilibrium; b) improvement in posture; c) improvement in functional abilities with superior members; d) improvement in lengthening of hip adductors; e) improvement of tonus.

**Conclusions:** Concludes that the hippotherapy program in the therapeutic and educational context is a coadjutant in the biopsychosocial development of CP child favoring the global development.

### ANALYSIS OF MOTOR ACTIVITY IN EARLY CHILDHOOD DURING EXPOSURE TO MUSICAL STYLES: CLASSIC AND ROCK

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**Background:** Studies show that music as auditory stimulus is a therapeutic resource in which the patient develops bodily expression, communication resources and maturation. Even young children can understand and retain musical structures and can process them better than adults. However, it is not clear in the

literature the behavior of this system to the auditory stimulus of certain musical styles.

**Objectives:** To assess the child through motor activity during exposure to musical styles: classical and rock.

**Methods:** Participants were 11 children of both sexes between 2 and 6 years of age in which 8 persisted until the end. Through a camera enrolled behaviors during songs in classical style and style rock, played at constant volume. Data collection occurred in the child's room, in the supine position with the slightest movement possible. In the session we used the sequence: silence, classic, silence, rock and silence. Data analysis were transcribed durations: general activity, activity of legs, activity of arms and activity of the head. For the presentation of data, we calculated the duration in seconds of the session for each category.

**Results:** We did not observe significant changes in the activity of the upper limbs (Silence: 148.9 vs + 50. Vs. Classical: 130.1 + 52 vs. Heavy metal: 101.7 + 49,  $p = 0.72$ ), lower limbs (Silence: 81.2 + 33 vs. Classical: 98.1 + 40 vs Heavy metal: 58 + 22,  $p = 0.51$ ) and head (Silence: 75.2 + 11 vs. Classical: 78.2 + 29 vs Heavy metal: 64.1 + 21,  $p = 0.81$ ) when comparing the three situations.

**Conclusions:** There was no significant effect of musical auditory stimulation on motor activity in children.

### HOW MUCH DO OUR CHILDREN WEIGH AND MEASURE? PREVALENCE OF OVERWEIGHT AMONG PORTUGUESE PRESCHOOLERS

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**Introduction:** Overweight in childhood has been considered a worldwide problem, particularly in Mediterranean Countries where Portugal is included. The particularities of the preschool period highlight the importance of evaluating growth and development at this stage of life.

**Objectives:** To describe the prevalence of overweight in preschool children and relate to family socio-demographic variables.

**Methods:** Cross-sectional and descriptive study with 1424 pre-school children, average age 4.58 (SD = 0.99), residing in various regions of Portugal. Anthropometric measurements of the children were evaluated and grading according to the NCHS reference data (CDC, 2000). Demographic data were collected from questionnaires completed by parents.

**Results:** In general, 49.5% of children lived with their parents and siblings (average number of siblings = 1.33; SD = 0.683). The average BMI was 16.708 (12.1-26.0; SD = 1.83). Overall, 60.2% of children had normal weight, 5.5% were underweight, 34.3% overweight (including obesity 17.4%), being that significantly higher in males (36.8%) ( $X^2 = 31.22$ ;  $p = 0.000$ ) and in 5 years old children (39.5%) and low weight in 4 years old (14.0%) ( $X^2 = 101,301$ ,  $p = 0.000$ ). Nutritional status proved to be dependent on family income ( $X^2 = 17.725$ ;  $p = 0.007$ ), with children from low-income families the ones that exhibit more overweight and independent from the number of siblings, age, residence and parents' education.

**Conclusions:** The results suggest a positive relationship between overweight children and low familiar income. Thus it is considered relevant to strengthen surveillance and education of feeding behavior in low-income families in order to prevent excessive weight with consequences for child's health and future health.

## HEALTH HABITS OF CHILDREN AGED BETWEEN 10 AND 12 YEARS OLD

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**Introduction:** Healthy life styles during childhood have a positive impact in adult age; therefore this is a favorable period for the development of healthy habits such as physical activity, postural awareness and hygiene.

**Objectives:** The main purpose of this study is to characterize the health habits of children aged between 10 and 12 years old and to assess what are the differences regarding gender.

**Methods:** This is a descriptive study, based on a percentage analysis. The sample was 200 children aged between 10 and 12 years old. A questionnaire (adapted from Casimiro, 1999) was improved based on experts' opinion and eventually used to collect the data.

**Results:** The majority of the children in the study showed to have a good care for their diet, posture and hygiene habits, however their physical exercise level was low. Comparisons between genders reveal a higher percentage of boys showing less healthy diet behaviors (they tend to eat higher quantity of sweets, fried foods and burgers); a better postural awareness (better body posture, more careful transport of objects) and a more active lifestyle (do more physical activities which are also more diverse and intense). Girls have a greater care with personal hygiene, including during physical activity (brushing their teeth, changing clothes daily, using flip-flops in the swimming pool).

**Conclusions:** The results show that the majority of the children in the study demonstrate to have healthy lifestyles. Nevertheless there are still behaviors that need to be encouraged. For that reason, it is important to share these findings in order to positively influence the general population.

## REFERRAL BY PRIMARY HEALTH CARE TO THE PEDIATRIC EMERGENCY DEPARTMENT: A DESCRIPTIVE STUDY

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**Introduction:** The general and family practitioner (GP) is the patient's first contact with the National Health System (NHS). In order to provide adequate care in acute conditions, they may need to refer to the Pediatrics' Emergency Department (PED)

**Objectives:** To characterize the GP's pediatric population referrals to PED and their follow-up at the PED. Check the appropriateness of referral to PED.

**Methods:** This is an observational, descriptive study of children referred by Primary care to Centro Hospitalar Entre Douro e Vouga (CHEDV) PED in January, April, August and November 2011. Data was collected through PED's clinical process and CHEDV's computer system. The reasons for admission were grouped into fever, abdominal, respiratory and other complaints. It was decided that an appropriate referral would have at least one of the following criteria: therapeutic, testing, inpatient or collaboration request.

**Results:** There were 343 referrals to PED (4% admissions). The highest referrals were in January (36%). Boys were the most

referenced (55%). The average age was 5,4 years and the most referenced age group was from 3 to 11 years (45%). Patients with abdominal complaints were mostly admitted from the PED, corresponding to 32% referrals. 42% of the children underwent testing, 44% did some therapy and for 9% collaboration from another specialty was requested. 37% did not meet criteria for appropriate referral.

**Conclusions:** These results corroborate other similar studies, requiring greater standardization of care for optimal coordination between primary care provider and PED. Further study of biosocial factors and barriers implicated in the PED overcrowding is required.

## PROMOTING HEALTHY SLEEP HABITS IN ADOLESCENTS

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**Introduction:** Sleep is a complex physiological process influenced by biological, social, cultural and environmental factors. Sleep quality is an important indicator of health and well-being of adolescents. Lack of sleep and sleep disturbance are associated with low academic performance, to the extent that enhance attention difficulties, lack of concentration, daytime sleepiness and abstinence school. A set of rules and practices of healthy sleep develop the empowerment of adolescents, helping to promote their health.

**Objectives:** This project aims to develop an intervention program aimed at promoting healthy sleep habits in adolescents, trying to reduce the causes of sleep deprivation.

**Methods:** The target audience is teenagers, students of the 10th year of Secondary School Ourém. Were divided into two groups, a control group and an intervention group, the sample of 30 students per group. In the assessment of sleep habits of adolescents used a questionnaire adapted from the "Questionnaire on Standards of Sleep and Wakefulness in higher education students" (Gomes, 2005) and "Survey of Knowledge and Conceptions about Sleep" (Gomes, trial, 2006). After applying the survey, was implemented the intervention program. The program consists of five sessions organized by subject, lasting fifty minutes, streamlined in the intervention group, between the months of January and February. After the implementation of the program, students from both groups again answer to the questionnaire in order to assess possible changes.

**Expected results:** With this project we hope to change the sleep habits of adolescents in the sample and the increase of knowledge on this subject.

## SPORT MOTIVATION: A COMPARISON BETWEEN YOUNG FOOTBALL PLAYERS COMPETING AT DIFFERENT LEVELS

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**Introduction:** Competitive environments are likely to promote a focus on winning, promote ego involvement and subsequently a decrease in intrinsic motivation through its adverse effect on self-determination (Vallerand et al, 1987) and in the commitment to the practice of physical activity.

**Objectives:** Compare the achievement goal, self-determination and beliefs about the sport competence in function of the competitive level.

**Methods:** The participants were 140 male football players that competed in National League (n = 78) and in Regional Leagues (n = 62). Ages ranged from 15 to 16 years (M = 15.73, SD = .62). Participants completed the following tools: Task and Ego Orientation in Sports Questionnaire, Self-Regulation Questionnaire, and Questionnaire relative to Beliefs and Determinants of Sports Competency. Student t-test for independent samples was used (p < 0.05).

**Results:** Football players competing in the National League had significantly higher scores for ego orientation (2.85 ± .97 and 2.47 ± .87; respectively, p = .02), introjected regulation (3.28 ± .96 and 2.96 ± .86, p = .04), identified regulation (4.44 ± .51 and 4.12 ± .65, p = .00), intrinsic regulation (4.18 ± .63 and 3.90 ± .70, p = .02), beliefs that the sport competence result to learning (4.50 ± .46 and 4.26 ± .64, p = .01), is subject to improvement (4.34 ± .48 and 4.10 ± .64, p = .02) and it's a gift (3.28 ± .79 and 2.96 ± .87, p = .03), than did players who competed in Regional Leagues.

**Conclusions:** The results suggest that high-level football players were more intrinsically motivated, were more likely to choose to commit to the demands of competitive sport and had a higher perception of control on the development of their competence.

## BE TEENAGE MOTHER: SOCIAL REPRESENTATIONS OF ADOLESCENTS IN PREGNANCY-PUERPERIUM CYCLE

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**Introduction:** Early motherhood causes interference in adolescent process. In addition to biological changes, anticipates the formation of social roles that could impact on the consolidation of life projects of young (RODRIGUES et al, 2010).

**Objectives:** To understand the social representations of adolescents in pregnancy-puerperium cycle about being an adolescent mother.

**Methods:** It was a field study based on the theory of social representations in accordance with Moscovici (1978) and Jodelet (2001). It was conducted in a public Hospital in Brazil a test of free association of words on the stimulus: adolescence, pregnancy, teenage pregnancy, motherhood and being an adolescent mother. The ethical principles were respected. The n = 121 adolescents in pregnancy-puerperium cycle has been assumed by sampling of the non-probabilistic convenience. The  $\Sigma = 1.113$  words evoked was processed in software Tri-Deux-Mots and interpreted by factorial correspondence analysis.

**Results:** The variables of opinion opposes up the fixed variables (age, marital status and pregnancy-puerperium cycle), in a factorial space (F1 and F2), with 73.4% significance. For the mothers, even with the responsibilities and difficulties in fulfilling this role, being an adolescent mother is stereotyped by the smile. For the pregnant, this moment is described as a normal event and becomes anchored in search of living with new social relationships and the loss of freedom.

**Conclusions:** Motherhood at this stage of life is an unexpected event and with contradictory opinions that induce adaptation of social life and changing roles. The social representations build up in the psycho-affective and socio-relational scope of young, significant in shaping the future adult.

## PREDICTORS OF LIFESTYLE IN ADOLESCENTS

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**Introduction:** Adolescence is a period marked by changes in physical, psychosocial and emotional aspects. Lifestyle, given the strong impact on one's health, is quite important since adolescents are known for risky behaviours that may compromise their overall development, school performance and sleep.

**Objectives:** To find the best predictors of lifestyle in adolescents and analyse differences on sleepiness, social competence, lifestyle, quality of sleep, sleep habits, family sleep behaviour and psychological morbidity, according to age.

**Methods:** The study was conducted with 271 adolescents, aged between 12 and 18 years old; 58% were girls. The instruments used were: a sociodemographic questionnaire, Modified Epworth Sleepiness Scale (Billings & Berg-Cross, 2010), Social Skills (Pereira & Melo, 2010), Lifestyle Questionnaire (Pereira & Pedras, 2008), Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983), Sleep Habits Questionnaire (Billings & Berg-Cross, 2010), Pittsburgh Sleep Quality Index (Buysse et al, 1989), Howard Family Sleep Questionnaire (Billings & Berg-Cross, 2010).

**Results:** The best predictors of lifestyle were: energy-drinks intake, social competencies, quality of sleep and parents' knowledge regarding drugs, mother smoking and father consuming alcohol. Older adolescents (15-18 years old) showed a better lifestyle (more health behaviors) and worst quality of sleep; younger adolescents (12-14 years old) presented worst family sleep behaviour when compared to older adolescents.

**Conclusions:** The results show the need for health promotion with respect to lifestyle, in young people, bit according to results intervention programs with adolescent need to include family members.

## OBESITY AND OVERWEIGHT IN YOUNG PEOPLE OF THE ALTAI REGION, DEPENDING OF PLACE OF RESIDENCE

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**Purpose:** To study the incidence of overweight and obesity among young people living in urban and rural areas.

**Methods:** We examined 1420 people aged 15-29 years (21,1 ± 0,01): 61% -women (21,5 ± 0,1), 39% -men (20,8 ± 0,1), 73% -students, 11% of workers, urban and rural population (62.7 and 37.3%, respectively) and estimated the body mass index (BMI) and waist circumference (WC), total cholesterol (TC) and glucose, ankle-arm index. All respondents were divided by age into 2 groups: 15-20 years (56%) and 21-29 years (44%).

**Results:** The frequency of individuals with overweight was 10%, obesity- 3.4%, 7.3%-abdominal obesity (AO), 13.5%-hypercholesterolemia, hyperglycemia- 15%, pre-clinical sign of atherosclerosis- 2.3%. The incidence of overweight, hypercholesterolemia, AO, obesity was higher among residents of the city in 2, 2.7, 3.8, and 5.4 times, compared to rural residents (69 and 31%, 73 and 27%, 79 and 21%, 84 and 16%, respectively (p < 0.05)). The frequency of AO, hypercholesterolemia among women living in the city was greater of 2.6 and 3.2 times than in the village. In 3 and 6 times more often the AO and hypercholesterolemia were diagnosed in women than in men (p < 0.05). Gender differences in early marker of atherosclerosis were not identified. In the group of 15-20 years BMI of urban men was in 1.76 (kg/m<sup>2</sup>) higher than in rural areas (p = 0.002). In men the mean values of

BMI in the city in the group of 15-20 years were higher in 0.76 kg/m<sup>2</sup> (p = 0.034) compared with the group of 21-29 years, and less for rural men (1.24 kg/m<sup>2</sup> (p = 0.013)). In the group of 21-29 year old urban women hypercholesterolemia, obesity, and AO were greater in 3.4, 3.7 and 4.4 times (p < 0.05)), compared to rural. Employed persons had BMI, WC and glucose levels higher than students (1.74 kg/m<sup>2</sup>, 6.42 cm and 0.95 mmol/L, respectively (p = 0.000)). **Conclusions:** Among young workers living in the city, regardless of gender, obesity and overweight and associated risk factors such as hyperglycemia and hypercholesterolemia is more common. Overweight among urban men have formed in the early age group.

### IT'S NOT JUST TIREDNESS ...

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**Introduction:** Autoimmune hepatitis (AIH) is a liver disease of unknown etiology characterized by hypergammaglobulinemia, circulating autoantibodies and inflammatory changes in liver histology. It has a heterogeneous clinical expression.

**Clinical report:** Female with 16 years old, previously healthy. In routine analyzes it was detected elevated transaminases and she was sent to the emergency department. She reported fatigue and asthenia lasting for 6 months. She denies drugs consumption. At admission, she had pallor and slight hepatosplenomegaly. Analytical studies showed microcytic anemia (9.4 g/dL) and increased transaminases (ALT 254 U/L, AST 155 U/L). The abdominal ultrasound reported "signs of liver disease with diffuse micronodular pattern; hypertrophy of the caudate and left lobe; compatible with marked fibrotic." The clinical hypothesis of liver disease was raised and she was referred to the adolescent office for investigation. The study performed revealed: hypergammaglobulinemia and was positive for antinuclear antibodies, anti-nucleosome, anti-actin and anti-RO. Given the hypothesis of autoimmune hepatitis type 1 she was admitted to perform liver biopsy. The histopathology confirmed the diagnosis of autoimmune hepatitis with severe fibrosis. As a treatment, she started prednisolone and azathioprine with analytical improvement.

**Discussion:** Diagnosis of AIH is based on clinical and biochemical data, positive antibodies and typical histological findings with exclusion of other causes of liver disease. In our case report, due to the subtlety of clinical manifestations, the diagnosis was a clinical discovery. It is important to emphasize that nonspecific complaints in adolescents are not always psychosomatic, it is crucial the exclusion of organic pathology.

### EFFECTS OF DANCE PRACTICE IN STUDENTS OF THE NAPRJ PROJECT, RIO DE JANEIRO, BRASIL

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**Introduction:** Several studies indicate the benefits of dance practice in the development of children and adolescents. These benefits can be felt in physical, social and psychological levels. In this pilot study we were interested in understanding the reality of a specific arts project offered by the municipality of Rio de Janeiro, in what concerns the dance program and its effects in the young population that follows it.

**Methods:** This is a qualitative study based on a phenomenological approach, used as a pilot study for future, larger research on the

area. The study addressed the NAPRJ project in the area of dance, directed to economically deprived school children. A number of 20 adolescents participating in the program were interviewed concerning the meaning of dance practice in their lives, and their perception of the effects of its practice in their health, psychological well being and social integration. A deep analysis of each participant was made, to comprehend the reality of each individual. Also, a number of specific categories of answer was found and addressed in the analysis to find a better understanding of the value of this project of dance in schools.

**Results:** In general, we found that this program brings specific feelings of physical and psychological well-being and transformation, positive social integration, related to a sense of identity, and belonging. Also, in some cases, risk behaviours seems to diminish because of the new interests developed through the healthy occupation of leisure time.

### DIABETES AT SCHOOL

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**Introduction:** The type 1 diabetes has been a concern of many Portuguese and foreign researchers, due to their progression in recent years in Portuguese children. This problem points to the need for more monitoring by the School, Family and Health Services. Starting from the assumption that children spend most of their day in school due to the demands of urban and industrial societies and even the traditional mission - educational function; it is up to the teacher to take an active role in school.

**Aims:** The main objectives of this study were to identify knowledge and behaviors related to illness and the food care and analyze the students perception related to health promotion in schools.

**Methods:** The methodology adopted was qualitative research with content analysis. The sample was deliberate, consisting of 7 children with Type 1 Diabetes Mellitus who attended the primary school, in 2009, in Vila Real. Data collection was conducted through a questionnaire.

**Results and conclusions:** We noted, as a positive aspect, that children selected for the study reported that they coped well with the disease, and on the other side, we emphasize, in negative terms, the need for training of the school community, which includes knowledge of the disease and diabetics nutrition. We found the lack of protocols and procedures to be implemented in schools in hypoglycaemia or hyperglycaemia situations, and educational interventions within the Type 1 Diabetes Mellitus. Taking into account that school is a place of educational instruction, it seems that one should take on this issue, since it was perceived by diabetic children, thus contributing to the successful integration of the child in school and in society.

### HUMOR: A HOLISTIC CARE AND A PROMOTING CHILDREN'S HEALTH

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**Objectives:** To discuss the importance of humor in children's lives.

**Methods:** It uses a reflective and analytical method, based on literature and starting with the following questions: Is there a



link between humor and child health? What is the role of humor in people's lives? What role does humor have specifically in children's lives?

**Results:** Humor in children's lives?... Although it is easily accepted and commented in health contexts, why is not therapeutic value yet recognized? Too often people say «... take humor to Pediatrics wards», but frequently the argument about the therapeutic value of humor remains inconsistent, such as its physiological and relational benefits, among others. Health professionals, who treat and care children and adolescents, have a special role in their life and their families', once they interact in a period of great vulnerability. During the disease process, both family and patient, across a phase of great anxiety and instability, where the loss of confidence and of control of the feelings of impotence arise constantly.

**Conclusions:** The role of humor is of undeniable value, it is a basic human need, and a way to increase the horizon perspective. Humor is a unique way of changing reality, and interpreting the context of illness in a way to enable the greatest well-being of the child or adolescent.

### RECURRENT ORAL APHTHOUS ULCERS IN CHILDREN... DIAGNOSTIC CHALLENGE

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**Introduction:** Recurrent oral aphthous ulcers are very common in pediatrics and its differential diagnosis is a challenge for the clinician.

**Case:** We present a 15 years old teenager who at 5 years old started multiple oral ulcers, painful, 5-10 mm, with an average duration of 4 weeks and that relapses every 2-4 weeks without lesions. The etiological investigation included complete blood count and white blood cell, sedimentation rate, immunoglobulins, complement, anti-nuclear and anti-deoxyribonucleic acid antibodies, anti-transglutaminase antibodies, vitamins serum, trace elements, endoscopy and colonoscopy that showed no changes. Was identified human leukocyte antigen-B12 positive. At age of 12 she had pseudofolliculitis in upper limbs and scalp. Given the severity of oral ulcers began colchicine and short cycles of prednisolone in crisis, with significant clinical improvement. At age of 15 were identified genital ulcers, fulfilling Behçet's disease (BD) criteria. Given the poor clinical improvement of genital ulcers with previous therapies, azathioprine was started with good evolution.

**Conclusions:** The recurrent oral ulcers may precede 6-8 years the other manifestations of BD, making diagnosis difficult. In aphthosis complex may appeal to the recommended therapy for mucocutaneous BD.

### PREVALENCE OF SCOLIOSIS IN ADOLESCENT IN SOUTH OF PORTUGAL

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**Introduction:** Scoliosis is a lateral deviation in the frontal plane of the body at an angle greater than 10 ° on radiographs obtained using the Cobb method. The time of greatest risk for progression of curvature happens during puberty, being present in 2% to 4% of

individuals aged between 10 and 16 years. An instrument used for analysis of the scoliotic curvature is scoliometer that identifies the angle of rotation of the spine.

**Objectives:** To determine the prevalence of scoliosis in adolescents.

**Methods:** The sample included 966 students of basic schools of 2nd and 3rd cycles of Municipalities of the Algarve, of both sexes, aged between 10 and 16 years. The measuring instrument was scoliometer. The regions of the column where the scoliometer was positioned were: mid-chest (between T4 and T8), thoracolumbar (between T12 and L1) and lumbar (between L2 and L5). The student was placed in anterior flexion of the trunk, and the instrument was positioned perpendicular to the vertebra analyzed. Scoliometer values equal or higher than 5° corresponded to the presence of scoliosis.

**Results:** The results revealed a prevalence of scoliosis in 148 (15.3%) students, and in 43 (4.5%) of these students it was located in the high dorsal region, in 76 (7.9%) on the dorsal-lumbar and 81 (8.4%) at the lumbar area. Scoliosis was present in 94 (63.5%) girls and 54 (36.5%) boys. For the age group, 84 (56.8%) students aged between 10 and 12 years and 64 (43.2%) aged between 13 and 16 years had scoliosis.

**Conclusions:** The data from this study revealed a high prevalence of scoliosis in a stratified and representative sample of adolescents living in southern Portugal.

### HEALTH PROMOTING BEHAVIOURS IN ADOLESCENCE: PSYCHOMETRIC PROPERTIES OF THE ADOLESCENT LIFESTYLE PROFILE PT VERSION

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**Introduction:** A vital component for attaining the goals of Healthy People 2020 is the promotion of healthy lifestyles. Health promoting behaviours (HPB) entail a positive approach to living as a means of increasing well-being and self-actualization. Since lifestyle profile emerged as an extremely useful construct in the context of health, efforts should be made and directed towards developing appropriate, valid and reliable evaluation instruments. This study reports the psychometric properties of the Portuguese version of the Adolescent Lifestyle Profile (ALP).

**Methods:** An adequate linguistic and cultural adaptation of ALP was carried out. Adolescent participants were from two distinct origins, from a community (n = 141) and from a clinical (n = 95) sample. Reliability and confirmatory factor analysis were performed.

**Results:** An initial model based on the ALP original structure was tested, presenting goodness-of-fit values not completely satisfactory. Eight items were eliminated. Revised CFA has shown a better adjustment of the emerging model for the Portuguese version (36 items), when compared to the original structure. The emerging model (36 items) presented an adequate fit to the data, yielding a seven factor structure (CMIN/DF = 1.667, CFI = 0.807, GFI = 0.822, RMR = 0.051, RMSEA = 0.053, PNFI = 0.575, PCFI = 0.731).

**Conclusions:** ALP can be applied to the Portuguese population, as a reliable instrument for measuring health promoting lifestyles.

## **OBESITY: A RISK FACTOR FOR DEVELOPMENT OF HYPERGLYCEMIA, HYPERCHOLESTEROLEMIA**

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**Introduction:** The waist circumference is an indirect method of measurement of subcutaneous and intra-abdominal fat, and is useful in identifying adolescents with overweight and obesity with risk of developing metabolic complications.

**Objectives:** The objectives of this study was to investigate the association between abdominal percentile with hyperglycemia and hypercholesterolemia in adolescents.

**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 ( $12.2 \pm 1.5$ ). We performed the measurement of waist circumference, blood pressure and assessment of blood glucose in fasting period.

**Results:** The waist circumference showed a prevalence of 182 (18.8%) overweight students and 215 (22.3%) obese. The blood glucose values indicated that only 2 (0.2%) students had hyperglycemia and 647 (67%) hypoglycaemia. Concerning cholesterol, 45 (4.7%) students revealed a threshold high risk and 7 (0.7%) hypercholesterolemia. The 397 (100%) students classified as overweight and obesity, 19 (4.8%) had hypercholesterolemia and none had hyperglycemia, with no observed association between these variables ( $p \geq 0.05$ ).

**Conclusions:** Since the prevalence of hyperglycemia and hypercholesterolemia in this stratified and representative sample of adolescents living in southern Portugal was low, it was not possible to verify a relationship between these blood disorders and overweight and obesity.

## **CROSS-CULTURAL ANALYSIS OF THAI YOUTH SMOKING, SMOKING SUSCEPTIBILITY, AND SOCIAL NORM PERCEPTIONS**

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**Introduction:** The purpose of the study was to investigate cross-cultural differences in youth smoking, susceptibility to smoking, and social norm perceptions about smoking between Thai adolescents and adolescents in S. Korea, Hungary, and Chile.

**Methods:** A survey assessing social norm perceptions about smoking was administered to 2516 Chiang Mai, Thailand high school students. The same survey items were administered to high school samples of adolescents in Seoul, South Korea, Budapest, Hungary, and Concepcion, Chile in order to assess cross-cultural differences in these smoking-related variables.

**Results:** South Korean, Hungarian, and Chilean boys were not significantly more likely to smoke than Thai boys. However, compared to Thai girls, Korean girls were 2.4 more likely to smoke, Hungarian girls were 7.6 times more likely to smoke, and Chilean girls were 4.4 times more likely to smoke. Thai adolescents were significantly less likely than their peers in the three other countries to perceive others as smokers and to be susceptible to smoking in the future. Thai adolescents reported stronger parent and peer disapproval for smoking than students in the three other countries. Thai students were also less likely to perceive that successful and elite people smoke than Korean and Hungarian youth.

**Conclusions:** Youth smoking prevention program planners working with adolescents should consider taking into account normative beliefs about smoking as they develop interventions.

It is important to provide youth with accurate information about the actual prevalence of smoking, susceptibility to smoking, and approval/disapproval of smoking by parents, peers, and success/elite members of society such as the wealthy, businesspeople, and celebrities.

## **BODY WEIGHT CONCERN AND PRESSURE TO MAINTAIN THIN BODY SHAPE AMONG THAI ADOLESCENT FEMALES**

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**Introduction:** The objectives of this study was to assess a wide range of body image and weight concerns/behaviors in a sample of 1600 adolescent Thai girls attending four Chiang Mai, Thailand high schools, including pressure to lose or maintain a thin body shape. **Methods:** Cultural differences in these variables were determined through logistic regression analyses comparing the Thai girls to a sample of 1400 girls representing six Eastern European countries who completed the same school-based survey questionnaire. The survey was also administered to the Thai boys attending the four schools so that gender differences in these variables could be determined.

**Results:** Logistic regression results showed that Thai girls compared to Eastern European girls were more likely to: have taken laxatives, dieted, or exercised to lose or keep from gaining weight; perceive their bodies as too fat; have friends who want to lose weight and who diet to lose weight; have friends who want them to lose weight, bother them about their weight; and pressure them to go on a diet; and have been afraid to eat because of thoughts of gaining weight. Yet, the Thai girls had lower body mass index (BMI). The Thai girls also reported lower satisfaction with body weight and lower perception of physical attractiveness than the Eastern European girls. As expected, gender differences showed a pattern of Thai girls being much more weight concerned than Thai boys.

**Conclusions:** It may be concluded that the results of this study support that girls in Thailand face enormous cultural pressure to achieve and maintain a thin body shape.

## **THE INFLUENCE OF OVERWEIGHT AND OBESITY RISK FACTORS IN PHYSICAL FITNESS LEVELS AMONG SCHOOL-AGED CHILDREN AND YOUTH**

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**Introduction:** The prevalence of obesity and a physical inactivity is increasing among children and youth. In addition, physical inactivity is related with poor physical fitness.

**Objectives:** To analyse the relationship between obesity risk factors and physical fitness among school-aged children and youth.

**Methods:** Ninety-one students (49 males and 42 females) from the Northwest of Portugal aged from 12 to 13 years ( $n = 39$ ), 14 to 16 years ( $n = 25$ ), and 17 to 18 years ( $n = 27$ ) were evaluated on body mass index (BMI), waist circumference (WC), body fat percentage (BF%), and five independent FITNESSGRAM® physical tests (shuttle-test, curl-ups, push-ups, shoulder-stretch, and sit-and-reach). Multiple linear regressions were applied in order to analyze the effect of BMI, WC and BF% in the different physical fitness components.

**Results:** We found a significant and negative relationship between obesity risk factors and fitness levels. Changes in BMI were related to shoulder-stretch in ages from 14 to 16 years ( $r^2 = 0.22$ ), and sit-and-reach in ages from 17 to 18 years ( $r^2 = 0.43$ ). Changes in BF% were related to push-ups in ages from 12 to 13 years ( $r^2 = 0.11$ ), shuttle-test in ages from 14 to 16 years ( $r^2 = 0.43$ ), and curl-ups in ages from 17 to 18 years ( $r^2 = 0.41$ ). Changes in WC were related to curl-ups, shuttle-test and shoulder-stretch in ages from 17 to 18 years ( $r^2 = 0.46$ ), and ages from 14 to 16 years ( $r^2 = 0.19$ , only for the shoulder-stretch). **Conclusions:** Overweight and obesity exert a negative influence on fitness levels. High BMI is related with poor flexibility, high BF% is related with poor strength and aerobic capacity, and high WC is related with low performance in all fitness components. More effective strategies to promote fitness and weight control in schools should be considered.

### THE IMPACT OF SOCIAL SKILLS TRAINING PROGRAM APPLIED TO PORTUGUESE ADOLESCENTS AT A HIGH SCHOOL

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**Introduction:** Despite health education being a widely developed activity by nurses, there are still only few studies that had implemented social training skills programs as a school-based intervention conducted by nurses with adolescents.

**Objectives:** To assess the impact of a training program for social skills.

**Methods:** We developed previously a quasi-experimental study with 52 Portuguese adolescents whom presented difficulties in social skills. These students belonged to the 12th year of study (25 students took part in the experimental group and 27 in the control group). This is a follow-up study with a qualitative approach (Bardin, 2009) based on a structured interview that was done to 11 of the 25 students of the experimental group, four months after their participation in the program.

**Results:** Respondents retain the themes covered in the sessions. There were positive changes in their social behavior and they considered their participation as a positive experience. The moment that the program took place was significant because of the teenagers transition such as the passage of a new stage of psychosocial development from adolescents to young adult and to a new academic reality with the entry into higher education. These adolescents considered fundamental the program of social skills and suggested that it should be extended to all other students of the school as well as to all people of the community.

**Conclusions:** The results reveal that there were real changes in their lives because of the program. There was the possibility of generalization to other contexts of daily life affecting not only the participants but others who were not directly involved. We concluded that this intervention had a positive impact on adolescents who participated in the follow-up evaluation.

### FACTORS THAT INFLUENCE SUBSTANCE USE IN ADOLESCENTS FROM THE ALGARVE

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**Introduction:** This study aims to characterize health behaviors in relation to substance use (tobacco, alcohol and illicit drugs) and to identify factors that influence these behaviors in young people between 15 and 19 years schooling in Algarve.

**Objectives:** To determine factors that influence substance use in adolescents.

**Methods:** The sample included 187 students who attended the 10th year of science and technology, with ages between 15 and 19 years, in secondary schools of Olhão, Albufeira, Portimão and Silves. A questionnaire was filled out by the students of secondary schools of Olhão, Albufeira, Portimão and Silves, in the classroom, having been delivered and collected with the consent of the student and with the permission of the responsible parent.

**Results:** It was found that the age and the fact that parents know where teens are after school, are two factors that are related to tobacco use, however do not seem to influence the use of other psychoactive drugs (alcohol and drugs). Concerning gender, it appears to be a factor associated with alcohol consumption, since more females than males consume alcoholic beverages so as to be drunk. Involvement in fights also seems to be only associated with the consumption of alcohol and illicit drugs, on the other hand, the practice of bullying and early sexual behavior appear to be related to the consumption of tobacco and illicit drugs.

**Conclusions:** The data confirm that many factors can be associated to substance use in adolescents living in southern Portugal.

### NEW AGES... NEW DISEASES... NEW CHALLENGES...

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**Introduction:** The progressive extension of medical assistance up to the age of 18 years old in Pediatric Service confronted healthcare providers with particular pathology of this age group.

**Methods:** Retrospective study of adolescents (age  $\geq 10$ ) admitted to Pediatric Service of Centro Hospitalar Tondela-Viseu between 2006 and 2010. Variables were obtained from hospitalization database. Data analyzed include total number of admissions, distribution by age group and sex, main diagnosis and length of stay. Statistical treatment processed in SPSS (version 17.0) of the main medical pathologies by age group and annual evolution.

**Results:** In the referred period 2515 adolescents were admitted, 53.4% of masculine sex, with mean age of 13.9 years. From these, 1226 (48.8%) ranged from 10 to 13 years old, 1027 (40.8%) 14 to 16 years old and 262 (10.4%) aged 17 or older. From the total admissions, 42.0% were for medical conditions and 58.0% surgical. The mean length of stay was of 6,0 days for medical conditions and 4.2 days for surgical. The main medical pathologies were of infectious cause (32.6%), psychiatric (18.9%) and gastroenterological (12.4%). The analysis on the evolution of the main medical pathologies throughout the years, found a progressive decrease in infectious pathology, with minimum peak in 2010 and increase in psychiatric pathology since 2007, with maximum peak in 2010. One death occurred by pulmonary hemorrhage in a patient with chronic pathology.

**Conclusions:** The extension of medical assistance in Pediatric Services, along with economical, social and cultural changes in the last decade, led to changes in admission motives in pediatric age. The increase in psychiatric pathology represents a new challenge for Pediatrician.

### SEXUAL HEALTH PROMOTION OF WOMEN PORTUGUESE PERIMENOPAUSAL

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**Introduction:** There are cultural differences in sexual symptoms that should be measured in perimenopause, including: loss

of interest in sex, vaginal dryness, satisfaction and pain. The measurement of these symptoms, provides evidence-based approach and permissão de comparação between studies and preventive strategies that must occur during the reproductive age.

**Methods:** Cross-sectional, correlational, non-probabilistic sample of convenience (n = 600 Portuguese women perimenopause, 40-55 years). Protocol included: Menopause Rating Scale, Scale attitudes and beliefs face menopause-SMAB (constructed and validated for the study); Satisfaction Scale Support Social; Self-Esteem Scale; FSH and E2, lifestyle and sociodemographic variables, perceived well-being subjective, stressful events; projects.

**Results:** The results show Logistic Regression Forward: LR revealed that unemployment (p = 0.007 OR = 0.547), SMAB-2 (p = 0.000, OR = 0.807), SMAB-3 (p = 0.009 OR = 0.845), perception of well-being subjective (p = 0.032, OR = 1.568), satisfaction with friends (p = 0, 000 OR = 0.881) demonstrated statistically significant effect on chances of having problems-sexual- Logit model (G2 (7) = 145.951 p = 0.000), X2HL (8) = 11.281 p = 0.186, R2CS = 0.216, R2n = 0.300). Logistic regression revealed that marital status (p = 0,003) SMAB-2 (p = 0,001) perception, SMAB-3 (p = 0.047), wellness (p = 0.035), stressful life events (p = 0.004), self-esteem (p = 0.000) and FSH (p = 0.000) demonstrated a statistically significant effect on the likelihood of dryness vaginal - Logit Model (G2 (9) = 139.562, p = 0.000), X2HL (8) = 9.512, p = 0.301; R2CS = 0.205, R2n = 0.291).

**Conclusions:** Health promotion perimenopausal women should focus on changing attitudes and increased self-esteem during the reproductive age, in family planning consultations.

### CHILDHOOD DEPRESSION IN A PORTUGUESE SAMPLE: TOWARDS AN EMERGING PREVENTION PROGRAM

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**Introduction:** Depression can be defined as a constant shifting of one's humor. Children's depression results from the interaction between environmental variables and genetic predisposition factors. Depression has increased notably in the past century in this population. In Portugal, data concerning depression in children are very scarce.

**Aims:** Investigate the presence of depression in a sample of Portuguese children, and purpose a psycho-educational program for educators, parents and children.

**Methods:** This is a cross-sectional exploratory study. Children were recruited in a Portuguese primary/secondary school, and were assessed using the Children's Depression Inventory (CDI).

**Results:** The sample consisted of 192 children (54% girls), with a mean age of 13 years old (SD = 1,35). Using the 17-point cutoff of the CDI the analysis revealed that 45 participants (23%) show a predisposition to depression. Gender differences were significant, with girls showing more depression than boys (p < .05).

**Conclusions:** These results suggest that childhood depression is high, being imperative to prevent its increase through appropriate health programs. In this way, an original prevention program for educators, parents and children is proposed.

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

### DEVELOPING MINDFULNESS AND ACCEPTANCE SKILLS IN INFERTILITY: THE MINDFULNESS BASED PROGRAM FOR INFERTILITY

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**Introduction:** The Mindfulness Based Program for Infertility (MBPI) is based on the Mindfulness Based Program for Stress Reduction, the Mind Body Program for Infertility and basic principles of Acceptance and Commitment Therapy. It is intended to develop mindfulness and acceptance skills, values clarification, conducting to valued actions.

**Methods:** The MBPI includes 10 weekly sessions, in a group format. Recruitment was supported by the Portuguese Fertility Association. Fifty-five women completed the MBPI and 37 were assigned to a control group (CG). Measures of depression, anxiety, entrapment, defeat, shame, experiential avoidance, mindfulness, self-compassion, dyadic adjustment and infertility self-efficacy were endorsed pre and post MBPI and at 6 months follow up.

**Results:** The MBPI group and the CG showed to be equivalent, no significant differences were found at baseline. Repeated measures Anova's showed that by the end of MBPI women who attended the program revealed a significant decrease in depressive symptoms, internal and external shame, entrapment and defeat. Inversely they presented significant improvement in mindfulness skills, and self-efficacy to deal with infertility. Women in the control group did not present significant changes in any of the measures except for a decrease in self-judgment.

**Conclusions:** Increasing mindfulness and acceptance skills, as well as cognitive defusion seems to help women to experience negative inner states in new ways, decreasing their entanglement with it. The clarification of values and commitment to act in ways consistent with these values provides them an opportunity to choose to behave in ways that reduce psychological distress. Data suggest that the MBPI is an effective psychological intervention for infertile women.

### DEALING WITH THE CHALLENGES OF INFERTILITY: THE PORTUGUESE VERSION OF THE INFERTILITY SELF-EFFICACY SCALE

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**Introduction:** Psychological assessment specifically designed to address topics related to an infertility diagnosis has not received particular attention in Portugal. This study aims at presenting the Portuguese version of the Infertility Self-Efficacy Scale (ISE-P), a 16-items self-report measure, and its psychometric characteristics. In infertility, self-efficacy can be defined as the patients' confidence levels on their cognitive, emotional and behavioral skills related to infertility and its treatment.

**Methods:** A total of 275 participants (142 women; 133 men) with a diagnosis of infertility were recruited at public and private

infertility clinics and at the Portuguese Fertility Association website. A set of self-report instruments was administered: ISE-P, Beck Depressive Inventory, Spielberger State Anxiety Inventory, Fertility Problem Inventory, Coping Styles Questionnaire and Acceptance and Action Questionnaire.

**Results:** The one factor model, which specified method effects between items 4, 8 and 9 fit the data well: NC = 3.8 (acceptable fit), SRMR = .04 (good fit) and RMSEA = .09 (good fit); The relative fit index CFI = .92 showed good fit too. The Cronbach's alpha estimate of internal consistency was .96, the item-total correlations ranged from .65 and .85. Ten-week test-retest reliability in a sample of 80 women was of .63 ( $p < .01$ ). Correlations with the other measures were as expected, suggesting for its convergent and discriminant validity. Men presented significant higher scores than women.

**Conclusions:** The ISE-P appears to be a reliable and valid measure of self-confidence to deal with an infertility diagnosis and its medical treatment. This can be an easy to use self-report instrument for clinical research and a useful tool in counseling and therapeutic settings.

### KNOWLEDGE AND ATTITUDES OF YOUNG FACE TO SEXUALITY

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**Introduction:** Several studies show that both young boys or girls, reveal shortcomings in the sexual information, resulting often in unsafe sexual practices (Gilda, 2002; Saavedra, 2007; Camargo, 2009).

**Objectives:** To assess knowledge young people on sexual health.

**Methods:** A descriptive, cross-sectional, taking up questionnaire is: sociodemographic characteristics, questionnaire to assess the knowledge of young people regarding aspects of sexual health, sexual attitudes scale, scale awareness about the loss of virginity and motivation scale for do not have sex. Sample of 141 students, 88,7% were female, with a mean age of 20 years, 73% of young people reported having begun his sex life, and the average age of onset was 17.

**Results:** The level of knowledge of young people in relation to aspects of sexual health is satisfactory ( $M = 18.75$ ,  $X_{max} = 32.00$ ). Regarding the permissiveness of youth in relation to casual sex/ no commitment, they have a significant level of agreement ( $M = 19.60$ ,  $Sd = 4.30$ ,  $X_{max} = 30.00$ ), moving in the same respect to instrumentality ( $M = 20.53$ ,  $Sd = 3.15$ ,  $X_{max} = 25.00$ ).

**Conclusions:** young people still show high levels of agreement with the ideal vision genitalizada associated with the loss of virginity. Given the reasons for having sex, young participants in the study with some importance legitimize aspects of health and pleasure.

### VALIDATION OF ATTITUDES TOWARD SEX EDUCATION SCALE (ATSES) IN PORTUGUESE ADOLESCENTS

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**Introduction:** Sexual education in Portugal is now a curricular theme. There are an absence of evaluation tools designed for adolescent people.

**Objectives:** Validate to Portuguese the Attitudes Toward Sex Education Scale (ATSES).

**Methods:** Quantitative, descriptive and transversal study. It was observed the content, construct and concomitant validities,

reliability, temporal stability. Convenience sample of 186 students, aged 12-18 years old. Retest done with 60 subjects.

**Results:** Factorial analysis showed two factors, differently of the original three. Kaiser-Meyer-Olkin and Bartlett's sphericity make evident the sample adequacy. Components structure explained 44.09% of data variance. Reliability presented  $\alpha$  Cronbach between .929 and .665. Convergent validity between .581 and .455, and retest .624 and .580.

**Conclusions:** Validity showed an instrument with 27 items, consisting in a scale of Global Attitudes, with two dimensions of Trust Attitudes and Availability Attitudes. Cross-cultural validation show an adequate measure to evaluate in Portuguese adolescents, Attitudes Toward Sex Education.

### THE EXPERIENCE OF SEXUALITY IN PREGNANCY IN PORTUGAL: WHAT CHANGES?

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**Introduction:** The sexuality is a basic component in the life of people, should be valued during the pregnancy. This process is full of meaning, transition implies new roles, physical conditions, psychological, families and sexual, that can be facilitators or obstacles to the experience of sexuality.

**Objectives:** Show the changes of sexual experience that Portuguesees related during pregnancy.

**Methods:** Literature review. Manual/electronic research: Scientific nursing journals, "Cadernos de Bioética", "Cadernos de Saúde", "I Sex-Cadernos de Sexologia", "Revista Portuguesa Clínica Geral" and RCAAP. No time limit. Subject headings: Gravid\* AND sex\*; Inclusion criteria: primary studies; Portuguesees research subjects; full text available. No exclusion criteria. Ten references were identified.

**Results:** Studies: Quantitative (80%), qualitative (20%). Research subjects: pregnant (60%); postpartum women (20%); couples (20%). Ten changes of sexuality experiences were identified in the Portuguese people during to pregnancy: Decreased frequency of sexual activity (24.1%); Myths and beliefs (fear of hurting the baby, abortion, induce childbirth) (24.1%); Shortage of information (20.7%); Decrease sexual desire (10.3%); Decrease sexual satisfaction (3.4%); Decrease self esteem (3.4%) man's inhibition in sexual activity (3.4%); Focusing on the role of expectant mother/families alterations (3.4%); Anxiety (3.4%) and Dyspareunia (3.4%). **Conclusions:** Research about sexuality in pregnancy in Portugal is diminished. The needs for more investigation in this area is important, because it assumes relevance in view of alterations in sexuality on the couples.

### EVALUATING THE RISK OF DIABETIC FOOT

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**Introduction:** Diabetic foot condition is one of the most serious complications in people with diabetes. In most cases leads to amputation, which is preventable with early diagnosis, notice and action. It is a priority that all people with diabetes should be evaluated in order to identify risk factors on the foot lesions developments.

**Objectives:** Evaluate and stratify diabetic foot risk.

**Methods:** This is a descriptive, quantitative and cross-correlated study with a non-probability convenience sample of 70 portuguese diabetic adults, male (65.7%), medium age of 66 years, living in rural areas (80.0%). Predominance of diabetes between 10 and 15 years (37.1%), type II (82.9%) treated with oral hypoglycemic agents and insulin (41.4%). The evaluation protocol: Clinic Questionnaire, Risk Stratification Scale (DGS, 2010).

**Results:** In the participants, 59.4% have a neuropathic foot and 7.8% have a neuroischaemic foot. The presence of foot ulcers affect 38.6% and 30% have already suffered amputations, 20.0% have simultaneously ulcers and amputations, most occur between the ages of 72 to 83 years (50.1%). The risk stratification has found that men are at the greatest risk, and that this risk increases in older people. The risk degree in both feet is category 0-42.9%, category 3-28.6%, category 2-16.1% and category 1-12.4%.

**Conclusions:** The sample presents high risk of diabetic foot (44.6%), low risk (42.9%), medium risk (12.5%). The assessment of the feet from people with diabetes to determine their risk stratification and make an early intervention in the prevention of diabetic foot and the subsequent amputation can be taken as a measure to consolidate gains in health and improve the quality of life of these people.

### THE MOTHER'S PERCEPTIONS OF NURSES MIDWIVES' PRACTICES IN PORTUGAL

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**Introduction:** The attitudes and expectations of women to the labor and delivery have changed greatly over the years. The place of birth took place in the hospital in order to achieve better results, to harmonize labor standards and exclude the women's decisions about birth's experience.

**Objectives:** To analyze the relationship between obstetric variables of pregnant women and the perceived care during labor and delivery; to analyze the perception and the importance of care during labor and childbirth at the dimensions: "Care provided", "Acting in the pain", "Social and family support", "Attention to well-being", "Attention to postpartum/discharge" and "Routine interventions".

**Methods:** Transversal, descriptive, correlational study, no probabilistic sample of 386 women that filled out the questionnaire ten days after giving birth at Public Maternity's.

**Results:** 50% primiparous, 58.3% normal delivery, 42.0% prenatal care. 77.5% don't have psychoprophylactic preparation for childbirth. Parity influences the perceived care during labor and delivery care ( $p = 0.030$ ). There are relationship between prenatal care and the perceived care in labor and delivery, concerning to the importance of action in the pain ( $p = 0.02$ ), and to the importance of social and family support ( $p = 0.015$ ). Preparation for childbirth is related with the perceived care during labor and delivery concerning to the importance of action in the pain ( $p = 0.019$ ).

**Conclusions:** Women participate actively in the birth according to birth plan, getting information, as well as, the support of family/partner and health professionals. The commitment of midwives in preparation for childbirth and parenting it allows every woman had greater satisfaction with the care received during labor and thereby improves reproductive health care.

### PORTUGUESE OBSTETRIC NURSES PERCEPTION OF THEIR EMPOWERMENT

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**Background:** The practice of nursing in maternal and obstetric health in Portugal is a regulated job, with a proper range of skills and knowledge. However, not always its power and autonomy are recognized by other professionals and citizens.

**Objectives:** Analyze the relationships between sociodemographic variables and the empowerment of obstetric nurses in the following dimensions: Effective Management and Interdisciplinary Cooperation, Sustained and Autonomous Practice, Communication and Professional Consent, Recognition of the Health Team, Training and Education and Job Satisfaction.

**Methods:** It's quantitative, descriptive, and explanatory cross-correlated study with a non-probabilistic convenient sample of 149 nurses trained in maternal health. The evaluation protocol includes the Sociodemographic Questionnaire and the Perceptions of Empowerment in Midwifery Scale (PEMS), validated for the Portuguese population (Henriques et al, 2012).

**Results:** The group of midwives is mostly females (91.27%), married (69.12%) and post-graduated (65.1%). The majority works in public institutions and mostly in hospitals (57.5%). As for the professional category most of them are specialists. We found that holistically the Portuguese Obstetric Nurses' empowerment is low, mainly on Sustained and Autonomous Practice and on Communication and Professional Consent. Training and Education has the best empowerment results. Empowerment is influenced by Job Satisfaction.

**Conclusions:** Empowerment enables the development of professional autonomy resulting in a greater collective consciousness of the obstetric nurses' competence profile. The results lead to the need for reflection on practice, training processes and job satisfaction as intervening variables in the empowering process of these professionals.

### PREGNANCY IN TEENAGERS, A CLOSER LOOK

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**Introduction:** Besides the physical problems associated with teenage pregnancy, there are also important social-affective and economic issues. It's crucial to understand this population to help in preventing unintended pregnancies.

**Objectives:** Identify and characterize a population of pregnant teenagers.

**Methods:** Retrospective data collection of all births and voluntary pregnancy termination (VPT) on the pediatric population from January 2010 to December 2012.

**Results:** 113 teenage pregnancies were identified, ages between 13-17 y (median: 16y, 8% < 15y). A total of 49, 32 and 32 pregnancies for years 2010-2012 and 47VPT from ages 14-17 y. The median age for 1st intercourse was 15y, we found that earlier 1st intercourse seems associated with younger age at pregnancy,  $p = 0.000$ . Six girls had more than 3 sexual partners, most had only one (76.6%). Two cases of consanguinity, both needing NICU intervention. Whilst 45.3% didn't use contraceptive methods, 38.7% were taking

the pill and 15.1% condoms (one reported pill+condom). Lower school degrees seems to increase the probability of not using contraception ( $p = 0.004$ ). 18% smoked cigars and 1cannabinoids during pregnancy. One case of maternal alcohol abuse needed intensive care. 87.5% were experiencing the first pregnancy, 7 had a prior abortion, 2 babies were for adoption (2 girls were victims of rape, 1 gave the baby up for adoption). Strong association between living with the baby's father (39.6%) and the ones that planned the pregnancy (15.3%):  $p = 0.000$ .

**Conclusions:** These results evidence the importance of the age and a school degree to prevent unintended pregnancies which highlight the need for a better intervention regarding family planning and changing behavioral risks.

### GENDER DIFFERENCES IN ALCOHOL CONSUMPTION IN ADOLESCENCE IN ASSOCIATION WITH SEXUAL EXPECTATIONS

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**Introduction:** One of the main features of adolescence is increasing significance of sexuality, combined with insufficient experience in sexual relations. In such a situation the person is forced to solve her/his sexual problems with all available means, including risk behavior.

**Objectives:** As alcohol lowers anxiety and reduces psychic restraints, it is interesting how alcohol consumption associates with sexuality in male and female adolescents.

**Methods:** This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. The questionnaire includes self-reported sexual expectancies and experience, as well as alcohol consumption (Sarav, 2010).

**Results:** We found that in both genders alcohol consumption are positively associated with more intensive sexual behavior ( $p < 0.01$ ), but there are significant gender differences in emotions, expectations and experiences associating with sex, for example, boys are more likely than girls to experience during sexual initiation ecstasy (OR = 12.01) and pleasure (OR = 2.43), while girls are more likely to experience shame (OR = 2.71), frustration (OR = 2.67), fear (OR = 3.26) and pain (OR = 11.85).

**Conclusions:** The association between sexuality and alcohol consumption suggest that the different gender expectations find different satisfaction and boys seems to be privileged in having satisfaction. This privilege is possibly due to the alcohol consumption and its effect on self-control and critical thinking in girls. May be, for the purpose of health promotion, girls will resist more actively against alcohol consumption at parties and intimate situations, if they are taught to interpret it from the perspective of prevention of sexual abuse.

### CHILD SEXUALITY-THE POINT OF VIEW OF HEALTH PROFESSIONALS

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**Introduction:** Child sexuality is, undoubtedly, important for the child and decisive in the sexual development during its lifetime. Within the scope of sexual health promotion and education, health professionals and, in particular, the primary health care (PHC) providers have the duty of transmitting knowledge and promote the development of positive attitudes towards child sexuality.

Therefore, it is imperative that they recognize their competencies and limitations dealing with this issue.

**Objectives and methods:** It was in this context that a quantitative study, with an exploratory and descriptive profile, was intended to analyse the PHC health professionals' point of view about Child Sexuality. The study sample is composed by health professionals (doctors and nurses) performing their duties in 50% of the Health Centres in a Sub-Region of the country's Northern Health Zone and the data collection instrument was a personal questionnaire.

**Results:** The results reveal that the PHC professionals display positive attitudes and feel comfortable towards child sexuality and demonstrate an adequate behaviour concerning the child's sexuality. However, they do not have an acceptable level of knowledge in order to uphold a satisfactory performance in their activity of promoting and educating for sexual health in front of children and their parents and the majority consider that the instruction they received about sexuality and, specifically, about child sexuality, during their degrees and post-graduation degrees, was insufficient and inadequate.

**Conclusions:** It is thought that a better training in the area of child sexuality, considering it an essential component to improve the working effectiveness of doctors and nurses dealing with children in primary health care, is overcoming.

### SEX EDUCATION AND ADOLESCENTS' KNOWLEDGE ABOUT HIV/AIDS

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**Introduction:** HIV infection has been increasing in young people and governments have been promoting education initiatives aimed to control the spread of the pandemic. Sex education in schools aims to promote knowledge and strategies that modify or eliminate risky behaviors, contributing to healthy attitudes and behaviors towards sexuality.

**Objectives:** To assess how young people perceive the importance of sex education in school context and to describe knowledge regarding HIV/AIDS among adolescents from different grades.

**Methods:** This is a quantitative, descriptive study and data was collected using a questionnaire. The sample included 289 students from years 8 and 10, recruited in two secondary schools in District of Porto.

**Results:** In relation to the perceived importance of sex Education in school, 57.1% of the adolescents considered it as very important and most respondents (82%) say they considered themselves well informed (82%) in all domains of sexuality. Results also showed that 10th graders had better knowledge about HIV/AIDS when compared with 8th graders.

**Conclusions:** The results reinforce the importance of school sex education as it is perceived as an effective way to get information by adolescents and also increases their knowledge regarding HIV/AIDS.

### ASEPTIC COLLECTION OF URINE IN CLEAN VOIDED BAG: WHEN CHANGE IT?

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The Urinary Infection in Children has a special relevance in the Pediatric Emergency service, because of its prevalence and the

morbidity that may lead to the child. Thus, the correct diagnosis is of great importance, avoiding the making of more and bigger complex tests for the child if it is negative and preventing problems associated infection that will contribute to increased morbidity. With a high predictable value, when negative, the clean voided bag sample is controversial as far as the time the bag rests, as well as the false positives it presents. In this quasi-experimental study, we wanted to make sure whether the time that de clean voided bag was in place influences the result of the Uroculture. We studied two groups of children respecting careful washing of the perineum and right without drying skin friction, previous to placing the bag. In the control group (N=47), the clean voided bag was changed every 30 minutes, while in the experimental group (N=46) the clean voided bag rested for 60 minutes. This study was applied to 93 children up to 36 months old, without sphincter urinary control and that came to the Paediatric Urgency of the HIP, between the days 28/10/11 and 20/12/11, using SPSS 18. With the average of 32,48 minutes, the median of 30, mode of 60 and standard deviation of 18,376 ( $t = 16,237$ ;  $p = 0,000$ ; F- equal variables). Two thirds of the sample the result was negative first sample (66.6%), while obtaining a positive value cultures was quantified in 10 (21.8%) in the control group and 8 (17.4%) in the experimental group for a total of 18 elements of the sample (19.3%). We concluded that the time the clean voided bag rested didn't interfere with the outcome of the uroculture, making it possible for us to propose the change in the procedure.

#### PREVENTION OF SEXUALLY TRANSMITTED DISEASES: HOW TO CHANGE BEHAVIORS

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**Introduction:** Prevention of IST's has been focused on information about safe sex. However, studies indicate a decreased level of information and prevention. Simple information for use condoms does not appear to increase the efficiency of preventive action. There is a need to search other strategies.

**Methods:** To compare the change in risky sexual behavior after exposure to the program based on the Theory of Planned Behavior with adaptation technique SPIN. Study quasi-experimental; convenience non-probabilistic sample: 1<sup>o</sup> was identified risk sexual behaviors and condom use in 457 men – 15-29 years; 2<sup>o</sup> 125 were identified with risky sexual behavior agreed to participate in phase 2 – 20-29 years; constituted 2 groups: Group A (n = 65) underwent the program of 3 individual interviews using TPB-SPIN, Group B (n = 60) underwent only 3 informational interviews about STI's. The protocol-control included questions about knowledge, attitudes and skills about methods and contraceptives IST's and frequency of condom use at 3, 6 and 12 months after program TPB-SPIN or informational interviews.

**Results:** A significant reduction of risky sexual behavior and a significant increase in knowledge ( $p = 0.000$ ) and favorable attitudes about the methods contraceptives and IST's ( $p = 0.001$ ) in Group A compared with Group B.

**Conclusions:** The results demonstrate that it is urgent to prepare health professionals to use health promotion programs based on models that include information, assessment of attitudes, motivations and skills of young people to adopt safe sexual behaviors, that promote awareness of the needs explicit and specific professional fitting to suggest additional benefits of these behaviors, perceived and accepted by young people.

#### KNOWLEDGE'S OF SEXUALITY IN A GROUP OF SECONDARY SCHOOL STUDENTS

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**Introduction:** Sexuality is an integral part of the human being since birth, so it is a building process that involves the integration of knowledge and skills that allowed the individual to function sexually in their social group. Ignorance, lack of awareness and exposure to risks, represent eloquent aspects to justify the need of researching for new knowledge in the field of sexuality in adolescence.

**Objectives:** Identify the knowledge about sexual physiology and contraceptives methods in a group of teenagers attending secondary school.

**Methods:** A descriptive, transversal and exploratory study. The sample was a convenience non-probability, consisting of 261 students attending two different secondary schools: urban and rural of north Portugal. To gather information was used a self-report questionnaire with variables of sample characterization and evaluation questions of knowledge.

**Results:** We observed no relevant differences in terms of knowledge among students from urban schools and rural schools ( $p = 0.103$ ). By checking the differences about knowledge by gender, female elements revealed more knowledge than male elements (school urban:  $p = 0.004$ ; school rural:  $p = 0.013$ ).

**Conclusions:** The knowledge that young people revealed about sexual physiology and contraceptive methods, was considered enough. Females reveal a level significantly higher than the one observed in males, at both schools. The results obtained in this study, enable us to understand and reflect about the adolescents' sexuality, to promote the sexual health of young people.

#### MENTAL HEALTH PROBLEMS EARLY IN LIFE: NEW PERSPECTIVES IN THE COMPREHENSION OF DEVELOPMENTAL PATHWAYS

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**Introduction:** There is a lack of empirical studies on developmental and mental health problems in infants and toddlers up to 18 months of age. Although research has identified several of the risk factors for these problems, there is no information regarding their developmental pathways.

**State of the Art:** In a relatively recent epidemiological study with 18 month-old children, 16-18% were diagnosed with a mental health problem. In other studies, similar rates have been reported (12.1% and 16.2%). A recent study showed that 25% of the children with behavioral problems at 18 months of age showed problems 6 years later. In Portugal, the National Commission for the Protection of Child and Youth at Risk (CNPCJ) 2009 report followed 67117 children at-risk. The causes were mainly associated with parental mental health problems, alcohol consumption and drug addiction. However, a major problem is that only a third of these children receives professional help before the age of 5.

**New Perspectives:** Gene-environment studies have reported that among children exposed to stressful life events, those with short allele of serotonin transporter promoter gene (5-HTT) were more prone to develop depression than those with long allele of 5-HTT genotype. Short allele variant of the 5-HTT has been also associated with the use of fewer problem-solving strategies to deal with stress.



**Implications:** The analysis of the interaction between environmental and genetic risk factors is extremely relevant to the comprehension of developmental and mental problems.

**Conclusions:** Early detection and intervention on developmental and mental health problems at the primary care level is warranted to promote the well-being of children and families.

### MASCULINE GENDER ROLES AND REGULAR ALCOHOL CONSUMPTION IN MALE ADOLESCENTS

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**Introduction:** Gender roles hypothesis explains alcohol drinking among boys as identification with traditional masculine role and decreased parental control, but masculine role could be also explained with male sexuality and alcohol - as sexual facilitator.

**Objectives:** To assess the masculinity and regular alcohol drinking from the viewpoint of sexual relationship in adolescence.

**Methods:** This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. According self-reported alcohol use 120 non-drinking (NDB) and 115 regular drinking boys (RDB) were selected from the sample. The questionnaire includes personality assessments of self and significant others, social relationships and interactions (Sarov, 2010).

**Results:** We found that RDB, compared to NDB evaluate significantly more often themselves as emotionally driven and charismatic ( $p < 0.05$ ), oriented to lead ( $p < 0.05$ ), aggressive to friends ( $p < 0.05$ ), and girlfriends ( $p < 0.01$ ), less understood by parents ( $p < 0.05$ ). RDB evaluate more positively girlfriends ( $p < 0.01$ ) and feel them more ( $p < 0.01$ ) important and loved persons. RDB more frequently ( $p < 0.05$ ) report party as a place for sexual and alcohol drinking initiation.

**Conclusions:** Our data does not contradict the gender role model, but do not explain the masculine role as a result of traditions, but as a manifestation of instinctive desire for intimate and sexual satisfaction in male adolescents. In this regard, regular alcohol consumption seems to facilitate the impulsive masculinity in adolescence and thus regular drinking boys do not seem to be the right target for alcohol prevention by means of health education.

### POTENTIALITIES OF THE INTERNATIONAL CLASSIFICATION OF FUNCTIONING, DISABILITIES AND HEALTH IN EDUCATIONAL CONTEXT

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**Introduction:** Nowadays, the World Health Organization (WHO) has two reference systems, the tenth revision of the International Classification of Diseases (ICD-10) and the International Classification of Functioning, Disabilities and Health (ICF), which plays a central role in the conceptualization of impairment and disability. More recently, WHO has promoted the development of version of the ICF for children and youth (ICF-CY) for universal use in the areas of health, education and rehabilitation. In the Portuguese context, as part of the reorganization of Special Education, the Ministry of Education stipulates that the evaluation is done by reference to the ICF-CY and the results should also serve as a basis for the development of individual educational program.

**Objectives:** The study aims to analyze the perceptions of special education teachers on issues relating to inclusion, to anticipated changes in legislation, particularly with regard to the use of ICF in the educational context.

**Methods:** This is an exploratory study with a non-probability convenience sample of 62 special education teachers.

**Results:** In summary, teachers refer that the normative does not contribute to improve inclusion; emphasize parental involvement, particularly in the evaluation process; promotes coordination of services and partnerships. Regarding the use of the standard ICF, teachers report that introduced greater rigor and objectivity in the evaluation, however has not brought facilitate procedures, increasing bureaucratization of processes; take further difficulties in the assessment by reference to ICF.

**Conclusions:** The results show the need for a greater investment in the training of the professionals and the construction of assessment instruments appropriated to referential ICF.

## 3. HEALTH AND NUTRITION

### EATING IN SCHOOL-AGE CHILDREN (6-11 YEARS OLD), TENDENCY FOOD. VLORE, ALBANIA 2012

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**Introduction:** Already is known the close relation between improper nutrition and obesity development in children in base of different chronic diseases.

**Purpose:** To get information about the food structure of school children aged 6-11 years old to identify if the eating habits of these children are affected by the impacts of globalization and modern life.

**Objectives:** To find the real eating structures in children's school age, as well as comparing the food preferences of children by gender through: specific goals such as: assessment of weekly consumption of cereals, pasta and rice, fruits and fresh juice, vegetables, milk, fish, chicken, red meat, cheese and yogurt, eggs, dried beans, sausages and ham, prepared juices, biscuits, chocolate, hamburgers, potato chips.

**Methods:** This is a cross-sectional descriptive study. Study population: 360 children in total, 171 boys and 189 girls (6-11 grade pupils) in two schools in Vlore's city (Albania), public and non-public schools in April 2012.

**Results:** By analyzing the data, we noticed that: 1. Foods that must 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 in public school and non-public school in both genders. 4. Girls tend to consume less food considered risk factors for health compared with boys. **Conclusions:** The food structure of children of this age is affected by globalization and modern life. The results enhance the need to intervene with healthy nutrition promotional programs and physical activity.

### SPECIAL READING FOR SPECIAL READERS: A WAY OF PROMOTING THEIR WELL-BEING

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**Introduction:** Nowadays the concept of health is often associated to the social belief that it becomes possible to have the body we wish. The body of the disabled person is therefore regarded

as an abnormal body that escapes control, which leads to the construction of a depreciated and depreciating image of the people who live with different types and grades of impairment. However it is intended that disability must be understood as a consequence of the interaction between the person and the environment. That's why Biblioteca Municipal Beja José Saramago would like to expand their reading activity mediation targeting people with severe special needs.

**Methods:** A project was implemented using the investigation/action methodology involving children and teenagers with very elementary communicative skills, attending primary and preparatory schools, which focused on emergent literacy questions.

**Objectives:** This project aimed at promoting the equal access to reading materials, in order to strengthen the reading comprehension and motivation of students with severe communication difficulties. We essentially turned to image albums and simple stories linked up with objects in a narrative built around key sentences which repeated and fitted in music themes. The subjects and materials we dealt with were later explored in a school context, enhancing the communication with other interlocutors and the spontaneous contact with the book, even after the sessions.

**Results:** 12 sessions later we noticed that 50% of all participants gave more meaning to materials and they managed to understand the unseen.

**Conclusions:** It is demonstrated that the key to literacy success lies at the creation of plural opportunities of interaction with meaningful, relevant literacy materials for users.

### BODY PERCEPTION, EATING BEHAVIOR AND SELF-CONCEPT IN PRE-ADOLESCENTS

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**Introduction:** For health maintenance and self-concept build up it is vital the way how body language is structured. The eating behavior is influenced by several interconnected factors. The parents and the children own adequate body perception, can be one of the fundamental requirements to comply with eating healthier.

**Objectives:** Analyzing pre-adolescents on body perception, eating behavior and self-concept, a sample of 78 children with an age from 10 to 13 and their legal guardians.

**Methods:** Social demographic questionnaire, Body Silhouette Chart; Child Eating Behavior Questionnaire; Piers-Harris Children's Self-Concept Scale-2.

**Results:** The majority of the young displays an age adjusted nutritional status, however a high percentage corresponds to weight excess and obesity. Some distortions are observed between the nutritional status and children own body perception and from the parents towards the same. Most parents demonstrate a non-discrepancy and a positive discrepancy on their perception of their own sons; a negative discrepancy for children with low weight, the obese with a positive distortion and a non-discrepancy for normal weight children. General self-concept reveals itself high, the young that do not present discrepancies; display the highest index of global self-concept global; with bigger attraction towards food present positive discrepancy and with lower self-concept index. The biggest food rejection is displays in children with negative discrepancy and biggest self-concept index.

**Conclusions:** Is essential to increase children and parents knowledge about the nutritional status and its health consequences. For that, in a timely manner, repercussions that may affect physical and psychological wellbeing to the young can be avoided.

### ALCOHOL CONSUMPTION IN A SAMPLE OF PORTUGUESE YOUNGSTERS, ADULTS AND ELDERLY

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**Introduction:** According to WHO (2010) problems caused by harmful use of alcohol are related with serious health and social consequences. Also the consumption of alcohol has been increasing in Portugal (Gomes, 2010).

**Objectives:** Explore self-reported alcohol consumption (beer, wine and spirits) according to sociodemographic variables (gender and age).

**Methods:** This is an exploratory study with a convenience sample of 145 Portuguese (66% women and 34% men) participants (22% youngsters, 39% adults and 39% elderly). The sub-scale of alcoholic beverages from Food Frequency Questionnaire was used to assess drinking frequency of beer, wine and spirits. The sociodemographic questionnaire included gender and age. Descriptive and inferential analysis were conducted. A p value  $\leq .05$  was considered as statistically significant.

**Results:** Gender differences in the type of alcohol use (X2 test results) were found. Men reported consuming more frequently beer and spirits (p = .000) and women reported consuming more frequently wine than other beverage (p = .002). Significant age differences (X2 p < .05) were also found. Adults were more likely to drink beer (55%) than the other age groups (15% young people and 30% older people). Young people were more likely to consume spirits (42%) than the other two age groups (29% each). Age was correlated (Spearman p < .05) positively with frequency of wine consumption and negatively with frequency of spirits consumption.

**Conclusions:** Spirits were the dominant beverage of the Portuguese young people on the latest drinking day (ESPAD, 2011) and alcohol consumption has been increasing in women. Gender and age issues should be taken into account to design better and specific prevention strategies.

### INFLUENCE OF TASTE SENSITIVITY IN DIET CHOICES AND OBESITY AMONG CHILDREN

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**Introduction:** The prevalence of childhood overweight and obesity in Portugal is about 35% (Rito et al, 2012). Lifestyle and dietary habits are important risk factors for weight gain. Food choice and acceptance greatly relies on food perception. The evaluation of taste sensitivity in children and its relation to dietary choices and Body Mass Index (BMI) will be important in a context of obesity prevention. Nonetheless, methodologies for accessing taste sensitivity in children needs to be optimized and adjusted and in Portugal there is not an established protocol.

**Objectives:** To test and optimize a protocol for sweet and bitter taste sensitivity, in Portuguese children, adapted from a protocol already used in German children (Knof et al, 2011).

**Methods:** 20 children, 12 boys and 8 girls, with ages between 8 and 10 years old, were presented with 5 concentrations of sweet (3-16 g/L sucrose) and 5 concentrations of bitter taste solutions

(0.05-0.25 g/L caffeine) and asked for selected the ones perceived as different from water.

**Results:** Test conditions, both the type of presentation and time of tests, resulted for children with the ages tested. For sweet taste, the number and range of concentrations from test solutions appeared to be adequate in the age group between 8 and 10 years. For bitter taste in 80% of children the answers were not consensual with the range of concentrations.

**Conclusions:** The results from the present work suggest that the concentrations used for access bitter taste sensitivity in children from other countries are not sensed by Portuguese children, showing the importance of adjusting adequate concentrations according to sociocultural habits. This may be possible being due to the complex pathway for bitter taste transduction.

### ASSOCIATION OF OVERWEIGHT WITH THE DEMOGRAPHIC, SOCIOECONOMIC AND LIFESTYLE FACTORS IN SERBIAN ADOLESCENTS

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**Introduction:** The dramatic trend of annual increase in prevalence of overweight among adolescents and its association with other noncommunicable diseases are the most challenging health problem worldwide.

**Objectives:** The objectives of this study were: 1. to determine the prevalence of overweight, and 2. to identify risk factors (demographic and socio-economic characteristics, eating habits, free time activities and physical activities) associated with overweight in adolescents.

**Methods:** This study presents a cross sectional study of 2139 adolescents aged 10 to 19. The database from the 2006 National Health Survey was used. Participants were classified as either normal weight or overweight according to international sex- and age-specific Body Mass Index cut-off points. Selected variables were assessed via questionnaire. A multivariate logistic regression model was performed separately for boys and girls.

**Results:** Every third boy and every fifth girl were overweight. The protective factors among boys were older age ( $p < 0.05$  for 14 to 15 years) and ( $p < 0.001$ , for 16 to 19 years), living in urban area ( $p < 0.05$ ) and engaging in physical activities that have lasted longer than 7 hours a day that have lasted longer than 7 hours a day, in such a manner that they breathe quickly and become sweaty ( $p < 0.05$ ), while living in middle-income family ( $p < 0.05$ ) was significantly associated with overweight. Consuming vegetables 1 to 2 times a week ( $p < 0.05$ ) or 6 to 7 times a week ( $p < 0.05$ ) and being older ( $p < 0.001$ , for 14 to 15 years) and ( $p < 0.001$ , for 16 to 19 years) were protective factors among girls.

**Conclusions:** This study has shown that further preventive interventions should be gender specific, oriented towards younger adolescents and respect identified risk factors.

### MOTIVATIONAL PREDICTORS OF HEALTHY DIET, IN PORTUGUESE POPULATION

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**Introduction:** The research indicates healthy diet as one of the key factors in health protection. According to

Self-Determination Theory the development of a sense of competence and autonomy is vital to achieve greater self-regulation and maintain behaviors that promote health and well-being.

**Objectives:** To assess the motivational predictors of healthy eating, among adults of community.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated study, with a non-probability convenience sample of 523 individuals from community, aged between 19 and 64, (59,7% female and 40,3% male). The following instruments were used: the Perceived Competence Scale (maintaining a healthy diet), the Self-Regulation Questionnaire (healthy diet), the Eating Habits Questionnaire and the Sociodemographic Questionnaire.

**Results:** We found that perceived competence is a motivational factor which relates positively to healthy diet ( $r = .44$ ,  $p < .01$ ) and also autonomy relates positively to physical exercise ( $r = .43$ ,  $p < .01$ ). The results also show that gender and motivational variables (perceived competence and autonomy) are significant predictors of healthy eating habits.

**Conclusions:** The results support the importance of autonomy and perceived competence to follow a healthy diet and reinforce gender differences in relation to healthy eating. This study may contribute to better understanding of the processes associated to the change in health behaviors and to the promotion of these behaviors.

### NUTRITIONAL STATUS, BREAKFAST HABITS AND FRUIT AND VEGETABLES CONSUMPTION AMONG CHILDREN IN A PRESCHOOL AT FUNDÃO CITY

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**Introduction:** The prevalence of overweight in childhood has dramatically increased over the years. Therefore, it is important to set up healthy eating practices during this period. According to European Commission, Portugal presents one of the highest rates of child obesity. Between 2 and 5 years old, 29% of children are overweight and 12.5% are obese.

**Objectives:** This paper presents the nutritional status of 3-5 years old children in a public preschool from Fundão and describes the breakfast (BF), fruit and vegetables (F&V) habits consumption.

**Methods:** This cross-sectional study, conducted since May to August 2012, analyzed a group of 40 children (19 girls and 21 boys). Evaluation of nutritional status was based on anthropometric measures (height and weight) and classification was according CDC criteria (CDC 2002). Data on BF and F&V daily consumption were collected using a 24-hour recall during 3 days.

**Results:** It was found a prevalence of 35% with overweight, 20% with pre-obesity and 15% with obesity. We determined that 22.5% used to eat F&V frequently, 45% rarely and 32.5% sporadically. In what concerns to BF, all the children consumed dairy products; 52.5% of the children consume bread, cereals and toasts; 22.5% reported eating high caloric foods like sweets and bakery; just 2.5% choose to eat fruit.

**Conclusions:** This paper shows the studied sample has a prevalence of overweight greater than the Portuguese average. About half of the children did not consume F&V properly. There is a need to implement intervention programs in schools to promote F&V intake and healthy habits to slow down obesity, the main risk factor associated to diabetes and cardiovascular diseases and some kinds of cancer.

## BREASTFEEDING SELF-EFFICACY IN A BABY-FRIENDLY ENVIRONMENT

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**Introduction:** According to the World Health Organization, breastfeeding guarantees countless individual and collective benefits (WHO, 2010). Some authors consider it to be an innate skill (Colson, 2008, 2012) while others see it as a skill that must be acquired (Rolfes, Pinna & Whitney, 2009).

**Objectives:** Identify the effect of 1. parity and participation in antenatal classes and 2. type of delivery and precocity of the first breastfeeding moment on self-efficacy in breastfeeding.

**Methods:** This is a quantitative descriptive and explanatory cross-correlated study with a convenient sample of 70 women who recently gave birth in a Baby-friendly hospital. The questionnaire includes socio-demographic and obstetric variables and a measuring tool for breastfeeding self-efficacy (Portuguese version of Santos & Barciá, 2009). The average of breastfeeding self-efficacy is moderately elevated ( $M = 53.04$ ;  $DP = 8.76$ ). We did not verify any interaction effect of parity and participation in antenatal classes on self-efficacy nor was there any direct correlation with the type of delivery and precocity of the first breastfeeding moment. However, we did find there to be a positive relation when associating these factors with self-efficacy in breastfeeding.

**Conclusions:** Instrumental vaginal delivery may complicate self-efficacy in breastfeeding. The precocity of the first breastfeeding moment appeared to be the most important factor for elevated self-efficacy. There is a need for more and better studies to investigate the correlation between participation in antenatal classes and breastfeeding self-efficacy. The evaluation of breastfeeding self-efficacy may help us improve conditions for continuity of breastfeeding after the mother and newborn leave the hospital.

## PHYSICAL ACTIVITY AND DIET: COMPARING CHILDREN'S AND PARENTS' VIEWS

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**Introduction:** In planning health promotion and childhood obesity prevention activities, physical activity and diet are usually studied and dealt with separately. Furthermore, the parents' and children's views are rarely both included.

**Objectives:** To explore the roles that Spanish parents and 5-7-year-old children play regarding food and activity choices.

**Methods:** An ethnographic approach was used, carrying out observations in schools and in-depth interviews with parents ( $n = 47$ ) and children ( $n = 38$ ). Weekly diaries of children's diet and activity were also collected.

**Results:** Parents and children had different approaches toward diet and activity. Parents emphasized aspects related to food, trying to assure children's intake. They were in charge of the major food choices, whereas children played only an indirect role, mainly rejecting those foods that they disliked and letting parents know their preferences. In contrast with diet, children showed greater initiative regarding physical activity. They were willing to try new activities and to become good at them. For children, activity was the way to socialize with others. Parents took for granted that childhood is an active stage, not seeing the need to promote physical activity. Lastly, diet and activity choices affected each other with

parents using food or activity to curb or motivate children's behavior. Children saw their activity affected when they had to meet adult criteria regarding intake, e.g. finishing up meals before going to play. **Conclusions:** To design effective interventions it is essential to consider the role that parents and children had in diet and activity choices. Further research is needed on how activity and diet are interconnected and affect each other.

## HOW LIFESTYLE BEHAVIORS AFFECT BODY MASS INDEX OF UNIVERSITY STUDENTS, A STUDY FROM TURKEY

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**Introduction:** Obesity and overweight are major public health concerns, and the steady increase in the prevalence of obesity/overweight cannot readily be attributed to genetic factor alone, lifestyle and demographic factors are also suggested to play a role. **Objectives:** To assess how lifestyle behavior affect body mass index in a Turkish University.

**Methods:** A cross sectional study was conducted among 1500 students, a self-administered questionnaire was used which included questions on socio demographic status, eating habits, physical exercise and smoking status, Chi square test, t test, ANOVA and multiple linear regression were conducted using BMI as a continuous variable or a categorical variable.

**Results:** Of the 1500 students that participated in the study, majority were females (73.2%). The prevalence of overweight was 7.6% and obesity was 0.9%. Significantly higher BMI were observed among the following; males, grade 3 and 4, residing with friends, participants whose mothers had high school or less education, current smokers, non-daily intake of fresh fruit or vegetable, non-daily intake of 3 main meals, daily intake of soft drink, and not paying attention to nutritional component of foods ( $p < 0.05$ ). Multivariate analysis showed a negative association between BMI and paying attention to nutritional component of foods, whereas a positive association was observed between the following variables; BMI and male gender, BMI in higher grade compared to first grade, BMI in respondents living with friends compared to those living in the hostel ( $p < 0.05$ ).

**Conclusions:** The study demonstrate that obesity is an important public health issue in Turkey, and various factors play a role. Understanding this factors may help plan future health promotional activities.

## THE INFLUENCE OF LIFESTYLE BEHAVIOUR ON BODY MASS INDEX, A LONGITUDINAL STUDY AMONG TURKISH UNIVERSITY STUDENTS

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**Introduction:** Obesity/Overweight are wide spread problem with major public health impact. Unhealthy lifestyle factors which are often modifiable as well as sociodemographic factors have often been implicated.

**Objectives:** The study aim to highlight the influence lifestyle behaviors have on BMI.

**Methods:** The longitudinal data based on simple random sample were obtained from 32 males and 111 females aged 16-21, interviewed in the first grade and re-interviewed in the fourth grade using the same questionnaire. Dependent sample t test and Wilcoxon sign test were used to test differences in BMI. The

Generalized Estimation Equation was used to analyse the influence of the independent variables on BMI.

**Results:** For males, daily intake of fresh fruit or vegetable was significantly associated with lower BMI ( $p < 0.05$ ), also, males who lived alone in an apartment had lower BMI compared to those who reside in the hostel ( $B = -1.395$ ,  $p < 0.05$ ). On the other hand, among females, paying attention to nutritional component of food was negatively associated with BMI ( $p < 0.05$ ), similarly, females whose fathers had high school or less educational status had an inverse association with BMI when compared to females whose fathers had non formal education ( $p < 0.05$ ).

**Conclusions:** Knowledge about healthy food choice such as paying attention to nutritional component of foods, consumption of fruit and vegetable as well as socioeconomic factors are important key consideration in our study setting.

#### PREVALENCE OF DEPRESSIVE SYMPTOMS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

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**Background:** Depression is considered a major public health issue among adolescents.

**Objectives:** The objectives of this study was to determine the prevalence of depressive symptoms and associated risk factors in a Portuguese sample of adolescents.

**Participants and methods:** A cross-sectional study with a sample of 309 adolescents (66.9% female gender) aged 12 to 19 years old, attending a public school in Sátão, Portugal. A self-administered questionnaire with questions about adolescent socio-economic status and risk factors was answered by adolescents. Depressive symptoms were assessed by the Portuguese validated version of the Beck Depression Inventory, and the cut-off point for depression was 13 points. We considered the following global scores: 0-13: minimal depression; 14-19: mild depression; 20-28: moderate depression; and 29-63: severe depression. Prevalence was expressed in proportions and compared by the Chi-square test.

**Results:** The prevalence of depressive symptoms was 13.2%. According to the severity of depressive symptomatology, the prevalence of minimum, slight and moderate depressive symptoms was 86.8%, 9.8% and 3.4%, respectively. Depressive symptoms were associated with parents' education level ( $\leq 9$  yrs = 15.6% vs  $> 9$  yrs = 4.8%,  $p = 0.03$ ); alcohol consumption (yes = 20.5% vs no = 7.8%,  $p = 0.01$ ) and insomnia (yes = 46.2% vs no = 9.3%,  $p < 0.01$ ). No statistically significant association was found between gender (female = 12.2% vs male = 13.8%,  $p = 0.75$ ), age ( $\leq 16$  yrs = 8.8% vs  $> 16$  yrs = 15.2%,  $p = 0.22$ ), residential area (rural = 9.8% vs urban = 17.6%,  $p = 0.13$ ) and smoking habits (no = 17.2% vs yes = 10.5%,  $p = 0.20$ ).

**Conclusions:** Mental health promotion should be considered in school programmes in order to decrease the risk of development of depression and associated diseases.

#### FOOD HABITS, ALCOHOL CONSUMPTION AND TOBACCO AMONG COLLEGE STUDENTS IN THE NORTH OF PORTUGAL

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**Purpose:** The aim of this study is to determine food habits, alcohol consumption and tobacco among Portuguese college students.

**Participants and methods:** A cross-sectional study was conducted with 465 students aged 17-35 years old. Dietary intake was collected by a semi-quantitative food frequency questionnaire. Weight, height and waist circumference were measured with standard methods and body mass index was calculated. A food frequency questionnaire was applied. 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:** Participants presented a high dietary pattern in processed meats, soft drinks, sweets, refined grains, snacks and processed juice. Participants showed a high consumption of soft drinks (in average 8-9 times per week) and smoke every day between 15 to 50 cigarettes per day ( $p < 0.05$ ).

**Conclusions:** Food habits should change for a healthier dietary pattern rich in fruit, vegetables, low-fat dairy products and poultry. Future interventions should be made in order to decrease alcohol consumption and tobacco.

## 4. HEALTH AND PHYSICAL ACTIVITY

#### PREVALENCE OF SEDENTARY BEHAVIOURS AND PHYSICAL ACTIVITY BEHAVIOURS IN URBAN CHILDREN ON LEISURE TIME

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**Introduction:** The study of sedentary behaviors (SB) has been considered important as a complement of the already existent studies on physical activity (PA). In Portugal there are few studies characterizing the prevalence of SB.

**Objectives:** Verify the prevalence of SB and PA in leisure times of urban children.

**Methods:** Data was collected using a questionnaire used on international research project on children's lifestyles. A total of 802 children (416 boys, 386 girls) aged 10-12 years old ( $10.6 \pm 0.7$  years) participated in the study. It was asked how much time they spent watching TV, on the computer, playing videogames and participating in PA during the previous week. T test was used to analyse gender differences.

**Results:** Boys spent an average of  $233 \pm 162$  min/day in SB, while girls an average of  $200 \pm 145$  min/day. Significant differences between genders was found ( $t(798.644) = 3.071$ ,  $p = 0.002$ ). The most prevalent SB was watching TV (boys =  $99 \pm 94$  min/day, girls =  $103 \pm 87$  min/day), without significant differences ( $t(776) = -0.656$ ,  $p = 0.512$ ). The time spent on the computer was higher for boys ( $84 \pm 84$  min/day) than for girls ( $72 \pm 80$  min/day), without significant differences ( $t(776,875) = 2.034$ ,  $p = 0.042$ ). The least prevalent SB was playing videogames, and significant differences were found between boys and girls ( $76 \pm 91$  vs.  $32 \pm 55$  min/day) ( $t(665.418) = 8.121$ ,  $p < 0.001$ ). In average boys ( $24 \pm 28$  min/day) spent more time in PA than girls ( $13 \pm 21$  min/day) ( $t(773.271) = 6.237$ ,  $p < 0.001$ ).

**Conclusions:** Children spent more time on SB than on PA. The pattern regarding watching TV is similar for boys and girls. Differences were verified on using the computer and playing videogames, which leads to different strategies for the reduction of SB. The time spent on PA was below the recommended of 60 min/day.

## SEDENTARY BEHAVIOURS AND PHYSICAL ACTIVITY PREVALENCE DURING THE WEEKEND IN PORTUGUESE URBAN CHILDREN

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**Introduction:** The study of sedentary behaviors (SB) has been an important complement of the physical activity (PA) studies. Besides this, in Portugal, there are few studies which characterize SB.

**Objectives:** Verify the prevalence of SB and PA on children's leisure time, during the weekend.

**Methods:** Data was collected using a questionnaire used on international research project on children's lifestyles. A total of 802 children (416 boys and 386 girls) aged between 10 and 12 years old ( $10.6 \pm 0.7$  years) participated in the study. It was asked how much time they spent watching TV, on the computer, playing videogames and participating in PA during the weekend. T test was used to analyse gender differences.

**Results:** It was observed that boys spent  $1.9 \pm 1.4$  hours in PA and girls spent  $1.8 \pm 1.2$  hours ( $p = 0.589$ ). Boys spent significantly more time than girls ( $8.1 \pm 3.9$  vs.  $7 \pm 3.4$  h) ( $p = 0.001$ ) in SB. Watching TV was the SB that the both genders spent more time on (boys =  $2.8 \pm 1.7$ , girls =  $2.9 \pm 1.7$ ). Boys spent an average time of  $2.6 \pm 1.7$  hours using the computer and girls spent an average time of  $2.4 \pm 1.6$  hours. Time spent playing videogames presented higher differences between genders. The boys average time playing videogames was  $2.6 \pm 1.8$  hours and the girls average time was  $1.6 \pm 1.1$  hours ( $p < 0.001$ ).

**Conclusions:** The time spent on SB during the weekend it's bigger than on PA, for both genders. Notwithstanding, if we consider the recommended values to PA, it's visible that the values of this study are similar to the recommended ones. This suggests that during the weekend PA and SB aren't necessarily competing.

## PREVALENCE AND CORRELATES OF RECREATIONAL SCREEN-TIME BEHAVIOURS IN CHILDREN DURING WEEKDAYS

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**Introduction:** Sedentary behaviour represents a health risk independent of vigorous physical activity (PA). This study sought to analyse the prevalence of recreational screen-time behaviours (STB) in children on weekdays, and to examine the relationships between STB and sociocognitive outcomes, according to gender.

**Methods:** A total of 802 children (416 boys), aged 10-12 years ( $10.6 \pm 0.7$ ), completed a questionnaire used in an international research project on children's lifestyles. Pearson's correlation and t test were used to analyse the prevalence and the relationships of STB (watching TV, computer usage, playing electronic games), body mass index (BMI), appearance satisfaction (AS), perceived sport competence (PSC), perceived academic competence (PAC), academic achievement (AA), socioeconomic status (SES) and gender.

**Results:** The prevalence of children that reported to spend > 2 hours per day in STB was 72.1%. On average, children spent

$216.9 \pm 154.8$  min/day in STB and differences between genders were found significant ( $232.9 \pm 162.3$  boys;  $199.5 \pm 144.5$  girls;  $p = 0.002$ ). For the boys, PSC ( $r = 0.103$ ) and AS ( $r = 0.118$ ) were positively, while AA ( $r = -0.208$ ) was negatively, correlated with STB. Regarding girls, PAC ( $r = -0.131$ ) and AA ( $r = -0.264$ ) were negatively, whereas BMI ( $r = 0.147$ ) positively, correlated with STB. SES was not correlated with STB.

**Conclusions:** The incidence of children that exceed more than 2 hours of STB is high. Effective strategies targeting reductions in the time children spend being sedentary should be implemented by taking into account gender particularities and PA levels.

## ACTIVE AND INACTIVE BOYS AND GIRLS: DO THEY SHARE THE SAME PSYCHOSOCIAL CHARACTERISTICS?

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**Introduction:** Boys and girls have different levels of physical activity (PA). Thus, it is important to analyse whether active and inactive boys and girls have similarities in psychological and social correlates of PA. The aim of this study was to compare the correlates of PA of boys and girls when classified as active or inactive.

**Methods:** Participants were 583 boys and 592 girls, age 10-12, from 6 schools. The subjects completed measures of PA, perception of competence, dispositional achievement goals, attitudes toward school and Physical Education (PE), and perception of parents' PA. Chi-square was used to assess whether the classification of PA depends on gender. In order to compare the characteristics of active and less active boys and girls several cluster analyses by variables were performed.

**Results:** Overall, 69.3% of boys and 89.2% of girls were physically inactive. Both genders enrolled in unorganized PA more than in organized PA (22.8% of boys, 14.5% of girls against 4.6% of boys, 2.7% of girls, concerning daily PA). Boys and girls considered less active or sedentary showed similar characteristics towards participation in school sports (no participation), attitude regarding PA ("Indifferent") and physical self-perception ("average"). The argument used for non-activity was lack of time. Among the active participants, both genders showed similar characteristics towards attitude regarding PA and PE ("like very much"), physical self-perception (extremely positive), participation in school sports (participated) and activity with peers ("often"). The differences observed were related to the activities performed: boys practiced football and girls engaged in gymnastics and swimming.

**Conclusions:** The correlates of PA is generally similar for boys and girls.

## AEROBIC CAPACITY ASSOCIATED WITH OTHER PHYSICAL FITNESS COMPONENTS AMONG PORTUGUESE STUDENTS

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**Introduction:** Health-related fitness involves various components: aerobic capacity, muscular strength, endurance and flexibility.

**Objectives:** The purpose of the study was to examine the correlation of aerobic capacity associated with the other components of physical fitness among Portuguese students.

**Methods:** A total of 1069 children and adolescents (534 boys, 535 girls), aged 10-19 years old ( $12.8 \pm 1.7$ ) participated in the study. Data was collected from 13 schools of the Lisbon area, using the Fitnessgram, a battery of fitness tests used internationally in Physical Education classes. The correlates of aerobic capacity were assessed using log-binominal regression analysis separately for boys and girls. **Results:** Among boys, significant positive correlation was found between healthy aerobic capacity (PACER test) and age (OR = 1.4, 95% CI: 1.2-1.6,  $p < 0.001$ ), shoulders flexibility (OR = 2.1, 95% CI: 1.1-3.8,  $p = 0.016$ ) and upper body strength (OR = 3.6, 95% CI: 2.3-5.9,  $p < 0.001$ ). Among girls, significant positive correlation was found between healthy aerobic capacity and leg flexibility (OR = 1.8, 95% CI: 1.1-2.8,  $p = 0.014$ ), abdominal strength (OR = 3.4, 95% CI: 1.8-6.5,  $p < 0.001$ ) and upper body strength (OR = 3.5, 95% CI: 2.2-5.5,  $p < 0.001$ ). Significant negative correlation was found between aerobic capacity and age (OR = 0.8, 95% CI: 0.7-0.9,  $p = 0.001$ ). **Conclusions:** Data suggests that there is a correlation between healthy aerobic capacity and age, shoulder flexibility, upper body strength, leg flexibility and abdominal strength. An intervention designed to improve the levels of aerobic capacity among Portuguese children and adolescent may take these correlates into account. Further research is needed to determine the causes of the aging influence over aerobic capacity in girls.

### INTERACTION OF PHYSICAL ACTIVITY, BODY FAT, MORPHOLOGICAL TYPOLOGY AND HEALTH-RELATED FITNESS IN PREPUBESCENT CHILDREN

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**Introduction:** Fitness has been proposed as a major marker of health status at any age, and is considered to be an important supportive element for the maintenance and enhancement of health and quality of life (Malina, 2001). However, the interaction among of the predictors of physical fitness still needs to be investigated. Furthermore, the term physical fitness is often erroneously used as a synonym for aerobic fitness rather than as an umbrella term to embrace all health-related fitness components (Hands et al, 2009). **Objectives:** To analyse the interaction of somatotype, body fat, physical activity and health-related fitness in prepubescent children.

**Methods:** This was a cross-sectional study involving 312 children ( $10.8 \pm 0.4$  years). Evaluation of body fat was done using the method described by Slaughter. Somatotype was computed according to the Carter's method. Physical activity was assessed with the Baecke questionnaire. The physical fitness assessment employed sets of cardiovascular endurance, muscular strength, balance and flexibility.

**Results:** We found negative influences of endomorphic, ectomorphic and body fat. The influences of mesomorphic and physical activity were positive. Morphological typology does not show any interaction with physical fitness. The body fat had the high-sized effect on the aerobic fitness, in both boys (Eta Squared = 0.080) and girls (Eta Squared = 0.039), and the physical activity on the aerobic fitness in the boys (Eta Squared = 0.068) and balance in the girls (Eta Squared = 0.039).

**Conclusions:** These data suggest that in prepubescent children, body fat and physical activity are more important determining factors in the selected health-related fitness components than the genetic determinism, observed from the morpho-constitutional point of view.

### MENTAL HEALTH PROMOTION IN CHILDREN: A LITERATURE REVIEW

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**Introduction:** Mental health promotion in children has been focused on the prevention and early detection of emotional and behavioral problems. The concepts of positive mental health and wellbeing have been introduced to redirect strategies and interventions in this field.

**Objectives:** To explore the available evidence on children mental health promotion in order to analyze the current situation and emerging programs, activities and trends.

**Methods:** A literature review, covering the last ten years, was conducted using the databases PsycINFO, Medline, CINAHL and Cochrane Database of Systematic Reviews.

**Results:** The literature emphasizes the need of promoting mental health of children. The benefits include not only a decrease in mental health problems, but also improvement in psychosocial skills, adoption of healthy behaviors and increased academic performance. The most noticeable strategies found in the literature were home visiting model-based programs, parenting training and whole-school approaches. However, most interventions have focused on disadvantaged populations, whereas there is a need for more inclusive or universal strategies. Most programs focused on contextual factors that surround children and their development. However, few strategies have posited children as active participants in their own socio-emotional development. The need to develop new measures that assess mental health in positive terms has been highlighted.

**Conclusions:** Fostering actions that focus on positive mental health promotion during early childhood is necessary, together with the development of adequate measures for the evaluation of these actions. This should be done through inclusive strategies with children taking an active role.

### PHYSICAL FITNESS AND BODY COMPOSITION IN YOUNG GIRLS IN SCHOOL CONTEXT

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**Introduction:** We live in a society in continuous transformation, political, economic and constant technological developments. More and young people have a sedentary lifestyle.

**Objectives:** The purpose of the study was to examine the effects of 34 weeks of sport at school (rhythmic and expressive activities) of secondary education in the physical fitness of female students of academic year 2011/2012.

**Methods:** Forty female students were divided into an experimental group and a control group [(EG,  $n = 20$ ;  $16.8 (0.7)$  years,  $164 (0.1)$  cm and  $55.6 (8.5)$  kg and  $20.2 (2.3)$  kg/m<sup>2</sup> of BMI; CG:  $n = 20$ ;  $15.8 (0.6)$  years,  $162.8 (0.1)$  cm and  $61.1 (12.5)$  kg and  $22.4 (3.6)$  kg/m<sup>2</sup> of BMI]. CG just performed the physical education classes. The analysis of body composition and physical fitness was assessed by

the fitnessgram test battery in two distinct periods. The pre-test was obtained immediately before the beginning of classes of physical education and school sport and the post-test was executed after 34 weeks.

**Results:** After 34 weeks the GE just presented a physical condition statistically significant higher than the GC in the shuttle test ( $P < 0.01$ ), with increases of 37.6% corresponding to 230 meters. For the test of sit and reach, number of sit-ups and arm extension tests, no significant magnitudes of increase were observed ( $P > 0.05$ ).

**Conclusions:** To improve the ability of aerobic endurance, exercise should be complemented with the practice of sport in schools. In this context, it is proposed that the physical education teacher motive and influence children and young people to the practice of physical activities and sports in their free time.

### THE GDS METHOD AND DANCE IN CHILDHOOD: A DIALOGUE IS POSSIBLE

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**Introduction:** Different methods of somatic education aim to cause the individual to become aware of the relationship between physical and emotional symptoms through the use of the body. This awareness allows to resume primary natural movements, which were lost due to a result of automating daily stresses that can compromise the expressiveness of movement even in childhood.

**Objectives:** This study aims to present the contribution of the GDS method of somatic education about the expressive movement of youth and children in dance classes.

**Methods:** This study is a cross section of a larger investigation which is being done on the PhD in FMH/UTL with the GDS method, dance, expressive movement and performance. For this stage of the survey we applied a structured interview with a former dance teacher working with children, and therapist, master's degree in child health by Fiocruz and president of the Association Method GDS practitioners in Brazil. The data were treated by a qualitative content analysis.

**Results:** We analyzed that the meeting between the GDS and Dance, that the child is invited to practice, through bodily expression (stimulated by fables and stories), awareness of the skeleton, of the body, of the muscle, and of the GDS method of muscular chains to focus on retraining schemes gestural doing appear more effective forms and postures with maximum utilization and with minimal effort, seeking to expand the possibilities of movement and expression through dance.

**Conclusions:** We believe that by applying the method GDS in a dance context from childhood, the individual grows with playing different postural attitudes and expressive, thus contributing toward their health psychophysics and also to their social-emotional-cultural.

### THE EVOLUTION OF THE IMPORTANCE OF PHYSICAL ACTIVITY FROM PARENTS TO CHILDREN

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**Introduction:** As is known to all, the sedentary lifestyle has been increasing and consequently the diseases that are related to, such

as heart disease, depression, muscle atrophy, etc. With this fact the European entities responsible for public health, were forced to implement programs to promote physical activity and health. The impact of these programs along with the propagation by social media seeks to change the mindset of society towards a mindset filled with healthy habits, whether is the level of physical activity or the level of health food, with the objectives that the society knows the benefits that a healthy practice of physical activity originates and thereby decreases inactivity and consequently the risk of disease.

**Aims:** In this context we sought to conduct a study that have as main objectives: identify the physical activity habits of students and parents, analyze the evolution of the concept of physical activity among school days from parents to school time of children and why it happened, identifying whether they are aware of the benefits of regular physical activity and reflect on the importance of the discipline of Physical Education.

**Methods:** The study sample consisted in 52 parents and 28 students from the School of Penafiel, where parents were aged between 36 and 56 years old and students were aged between 14 and 16 years old. The study is characterized by being a quantitative approach. The instrument for data collection was a questionnaire to parents and other to students.

**Results and conclusions:** It was found that there is a practice of regular physical activity in students more than the parents, there are differences in the importance of physical activity on school days from parents to children, which is significantly higher today and the reasons by which this change happened are relate to the benefits that regular physical activity brings on disease prevention and improvements in body image.

### KNOWLEDGE ABOUT HIV / AIDS AMONG HIGH SCHOOL ADOLESCENTS IN THE DISTRICT OF VISEU, PORTUGAL

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**Introduction:** HIV/AIDS is a major threat to adolescents' health, many of the new cases involve young people between 15 and 24 years old. It's a biomedical, psychosocial and cultural phenomena and the spread of the disease is influenced by the individual behavior.

**Objectives:** To analyze the relationship between sociodemographic variables in school context and knowledge about HIV / AIDS among high school adolescents in the district of Viseu, Portugal.

**Methods:** A quantitative, cross-sectional, analytical, descriptive and correlational study with a sample of 971 high school adolescents (aged from 14 to 21 years old). The evaluation protocol includes a sociodemographic questionnaire, school characterization, lifestyles and Knowledge About AIDS Scale for Adolescents (Zimet et al1989).

**Results:** A predominantly male sample (50.80%), 16 years old or younger (43.40%), residents in rural areas (66.40%); cohabiting with parents (77.30%) and inserted in households with medium high or high monthly income (56.70%). It's showed with significant differences ( $t = 5625$ ,  $p = 0.000$ ) that Girls have more knowledge (mean 15.41, SD 3.92) than boys. Teens aged 17 have more knowledge (mean 15.24, SD 4.73) with significant differences ( $p = 0.003$ ). 12th school year youngsters have more knowledge (mean 15.62, SD 4.51) and the 10th school year ones have less (average 13:53, SD 5.40) with significant differences. Teenagers of families with higher monthly income have more knowledge (mean 14.80, SD 4.77).

**Conclusions:** The results suggest the enhancement of gender and age on the acquisition of knowledge and information processing.



## PROTECTIVE AND RISK DETERMINANTS OF ADOLESCENT PREGNANCY IN COLOMBIA

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Adolescent fertility is a source of concern among health and education policymakers in the Latin American and Caribbean region, because they imply situations of adversity for parents and their offspring. Indeed, school dropout, social exclusion and the intergenerational transmission of poverty have been identified as negative consequences of early motherhood. Since 1990, Colombia has exhibited the highest adolescent fertility rate in the region. However, the causes of adolescent pregnancy are still unclear. The purpose of this paper was to identify the distal determinants -protective and risk factors- of adolescent pregnancy in Colombia. Probit and Bivariate Probit models were estimated for 15-19 years old using demographic health surveys carried out between 1990 and 2010. For 2010, it was estimated a more comprehensive model on a large sample (13-19 years old). The results suggest that never-sexually active adolescents were characterized by better-off socioeconomic and demographic conditions than never-married and sexually active, and ever-married adolescents. Multivariate analysis indicated the appropriateness of using a Bivariate Probit model - which adjusts for selection bias introduced by the onset of sexual intercourse-. In addition, it was estimated models by marital status and age. The results showed that marriage was a risk factor (positive effect) of adolescent pregnancy, while school attendance, the nuclear household and educational climate of household were consistently protective factors (negative effect) over time. In 2010, informal sexual education and media were also protective factors. Thus, policies that attempt to modify patterns of teenage sexual activity and reduce the incidence of adolescent pregnancy should focus on early teens and unmarried teenagers.

## DEPRESSION AND SUICIDAL BEHAVIORS PREVENTION IN SCHOOLS + CONTIGO PROJECT CONTRIBUTIONS

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**Introduction:** Adolescent depression is a leading cause of morbidity and mortality, especially by suicide. Adolescents are a vulnerable group for depression and suicide, and because of that it is essential to invest in school-based prevention programs.

**Objectives:** a) Assess the presence and severity of depressive symptoms in a nonclinical population of adolescents; b) Assess the impact of the specialized intervention in depression variable.

**Methods:** The + Contigo Project was developed by the authors to prevent suicidal behaviors among adolescents. The first-stage includes a depression diagnostic assessment. The sample consisted of 741 adolescents between 11 and 18 years, from education institutions in the Centre Region of Portugal, in the academic year 2011/2012. With the adolescents was implemented a specialized intervention in the classroom. The impact of the intervention was assessed one week and six months later (Phases 2 and 3). We share the results of the assessment of depression using the Portuguese version of BDI-II.

**Results:** We observed a significant reduction in the presence of depressive symptoms in the sample and in the mean of the total

scores on the BDI-II. Presence of depressive symptoms (Phase 1: 31.2%; Phase 2: 22.7%; Phase 3: 21.1%); Mean BDI II score (Phase 1: 12; Phase 2: 9.98; Phase 3: 7.97).

**Conclusions:** The results indicate that specialized intervention contributed to the reduction of depressive symptoms and that results are maintained over time. The high prevalence and the strong association of depression with suicidal behaviors among adolescents, require early detection of depression and suicidal behaviors and the implementation of school-based prevention strategies with the involvement of the whole school community.

## FAMILY EMPOWERMENT IN THE CONTEXT OF THE CHILD'S HOSPITALIZATION

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The approach to parents in the context of the child's hospitalization seeks autonomy and independence in meeting the needs of the child, contributing to the family empowerment in health care.

**Objectives:** To identify the family empowerment in the context of the child's hospitalization, as well as to identify the influence of some sociodemographic variables.

**Methods:** descriptive exploratory study with the application of the Portuguese version of the family empowerment scale, applied to three Portuguese hospitals. With a sample of 660 parents of hospitalized children (82% mothers), age between 21-40 years (83%), low education level (63%), married (86%) and reasonable well socially and economically.

**Results:** With regard to attitudes, most parents feel that they are good parents and trust in their abilities to help the child develop. Concerning the care of the child, some parents feel that they have the right to approve care for their child (41.4%). Regarding community involvement, most parents do not know how to express their views to policy makers (64%) and 31% are unaware of their rights and the child.

Parents with higher education and higher socioeconomic level reveal more family empowerment.

**Conclusions:** The findings suggest that parents of hospitalized children demonstrate low level of family empowerment in the form of communication with health services and their active role in society.

## 5. ORAL HEALTH

### CHANGE OF DENTAL HYGIENE HABITS IN CHILDREN AND YOUNG PEOPLE AFTER AN ORAL HEALTH PROMOTION PROGRAM

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**Introduction:** The prevention of oral diseases is extremely important, since, through good oral health, we can improve the academic success and quality of life.

**Objectives:** To evaluate the change in dental hygiene habits and the effectiveness of tooth brushing in children and young people.

**Methods:** The project was developed in CEBI Foundation, during the year 2012, covering 1160 children and young people aged 3-15. They participated in classes about nutrition, oral health promotion and participated in tooth brushing activities once a day at school. The dental hygiene habits of 313 students, age 1, 3 and 5, were assessed through a questionnaire. The amount of plaque was measured by a dental plaque index.

**Results:** The results displayed a higher proportion of children with plaque reduction: 88.7% at age 1; 72.8% at age 3 and 84.6% at age 5. In addition to this reduction, the overall frequency of daily tooth brushing increased. The use of dental floss also increased, and the difference was significant ( $p = 0.018$ ). Between 1st and 2nd assessment, students increased their concern about the intake of sugary foods to prevent tooth decay, and the data demonstrated a significant reduction between the two observations ( $p = 0.001$ ).

**Conclusions:** The intervention in this institution, through the project named Eat... well... Brush well, contributed to the promotion of students dental health. Also, it was way to children acquire effective healthy habits in order to promote lasting impact in terms of creating and sustaining those habits.

### UPDATE IN ORAL HEALTH PREVENTION IN THE EARLY CHILDHOOD: REVIEW

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**Introduction:** In children's first years of life oral health depends exclusively on the family. Habits introduced early will have a major influence on the future oral health of the child.

**Objectives:** Demonstrate the importance of primary oral health in the newborn and in early infancy.

**Methods:** Search in Medline-PubMed and Cochrane. English and Portuguese language; Keywords: Oral health in children, oral musculoskeletal development, oral suction habits, early childhood caries, oral disease prevention in childhood. Selection of 45 articles (base: 1999-2012 publication, summary available and type of study / level of evidence).

**Conclusions:** Breastfeeding, type of pacifier, harmful habits and the type of chewing may interfere with the musculoskeletal development of the oral cavity in children. Moreover, the implementation of oral hygiene before the dental eruption and the late introduction of sweetened foods may diminish the severity of caries in early childhood. The family plays a key role in promoting oral health (especially in the first years of life), a condition for the normal development of the temporary and permanent dentition.

### GERIATRIC ORAL HEALTH IN LOURES

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**Introduction:** The geriatric population is considered a risk group with a high prevalence of oral diseases, especially in institutionalized elderly. The most common oral diseases are dental caries and periodontal disease, these two situations are the most common causes of tooth loss.

**Objectives:** Evaluate the status and oral health habits among institutionalized elderly.

**Methods:** Data collection was conducted through a questionnaire and oral observation.

**Results:** A sample of 174 individuals was obtained with an average age of 82.5 years. It was found that 76% of individuals had lost teeth, which 39.3% were edentulous and 22.9% do not use prostheses. The rate of dental caries (DMF) was 3.76. Teeth decayed component being the largest contributor to the overall grade. Periodontal disease affecting approximately two thirds of the sample, with a prevalence of severe signs of tooth mobility in 22.8%.

**Conclusions:** Oral hygiene was very poor in natural teeth. A 1/3 of individuals respond that they did not clean teeth daily, however hygiene of dentures is a routine in 96.1% of them. In what concern to the access to a private or public dental service, 42.9% reported that did not go for more than 10 years, and only 8.9% go regularly. It seems to be very important act to minimize their adverse situations. A daily routine oral hygiene may be the key to achieve better dental situation, preventing oral diseases for the institutionalized elderly.

### ORAL HEALTH IN PREGNANCY: KNOWLEDGE, PERCEPTIONS AND PRACTICES OF PREGNANT

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A variety of oral manifestations associated with pregnancy requires dental care, both clinical and educational. The first approach to oral health promotion should be done even before a possible pregnancy, or even at the beginning, since focusing on parent education is the best strategy to obtain care of maintaining oral health and, consequently, a significant reduction of oral cavity diseases in children, in addition to preventing problems in women.

**Methods:** A quantitative, descriptive, correlational, convenience sample non-probabilistic. We conducted an interview survey of 121 pregnant women in surveillance prenatal in 6 health centers in the district of Braga. Been prepared questions related to oral health (hygiene, medical surveillance, specific care during pregnancy, other information) and the perception of women and the influence of pregnancy on oral health of her and her son.

**Results:** The study showed little sensitivity of pregnant women to care specific to your oral health since proved inadequate knowledge and practices, including: 69.42% practice brushing or other inappropriate care; 73.55% did not seek consultation specifically during pregnancy and 69.42 did not obtain any information about caring for that period; 66.12% say that pregnancy influences maternal oral health, but 52.07% state that there is no relationship between your oral health and oral health of your child, 59.50% do not choose foods; 88.43% not included in the trousseau, a tool for oral hygiene son or chose pacifier. Primiparity, low education, low PN No consultation was significantly related to low skills and poor practices.

**Conclusions:** This study has highlighted the lack of information for pregnant women about the prevention practices regarding their oral health and future of children.

### ORAL HEALTH IN RECENT MOTHERS

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**Introduction:** During the pregnancy there is usually an increase in tooth decay and periodontal disease, increasing the risk of premature birth and low birth weight babies or contribute to

gestational diabetes mellitus. Mothers with high concentration of *Streptococcus mutans*, have a higher probability of contamination of their children and contribute for a higher risk of developing tooth decay at very early ages.

**Objectives:** Evaluate oral health, knowledge and habits of oral health in recent mothers.

**Methods:** Data collection was conducted through a questionnaire and oral observation to 142 recent mothers in the Alfredo da Costa Maternity (Lisbon).

**Results:** 59.2% of recent mothers felt an increasing in oral health problems during pregnancy (70.4% were felt in the teeth and 36.6% into the gum). 76.1% of recent mothers reported that they had received teachings of oral health, transmitted essentially by the dentists or dental hygienists. Only 4.9% of recent mothers were caries free (DMF = 0) and 48.6% had untreated tooth decay. For 35.9% of recent mothers, dental consultations were held rarely or when they had pain. About 25% of mother's didn't know when to start oral hygiene in children and when to start using toothpaste. Also, they thought that children must have the first dental appointment at 6 years old or when they have tooth decays.

**Conclusions:** Oral health programs in maternal health are fundamental and an excellent opportunity for the pregnant learn how to take better care of her oral health, to demystify the fears of dental consultations and provide good oral hygiene habits since the beginning of the child's life.

**Key words:** Dental caries. Maternal health. Oral Health.

## ORAL HYGIENE AND HEALTH EDUCATION: IMPLICATIONS FOR PUBLIC HEALTH

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**Introduction:** Dental caries, a progressive infection caused by microorganisms, remain one of the most common diseases throughout the world. The mouth is an ideal environment for bacteria, and one of the best-known for being responsible for dental caries is the *Streptococcus mutans*.

**Aims:** Evaluate the association between oral hygiene practices, nutrition and dental caries, comparing participants in terms of gender and age; suggest recommendations for oral hygiene practices and prevention diet, evidencing the inherent risk of poor practices for the public health; to assess an adult sample for *Streptococcus mutans*, evaluating the impact of oral hygiene on the absence/presence of this bacteria.

**Methods:** This is a cross-sectional exploratory study. For the first aim, a specific questionnaire was constructed with all the variables under study. Snyder Agar test was used to identify susceptibility to dental caries, because it's a simple test for determination of *Streptococcus mutans*, based in acidification of the agar medium (Garcia et al, 2009).

**Results:** The sample consisted of 33 participants (73% female), with a mean age of 36 years old (SD = 13.21), recruited from a private Portuguese clinic. 67% reported brushing the teeth between 2-4 times a day. 58% of the sample does not use any brushing teeth auxiliary and 76% of the sample already extracted teeth, and the majority of cases correlated with dental caries. 79% of the sample tested positive for *Streptococcus mutans* and 38% showed high susceptibility to this bacterium.

**Conclusions:** These results suggest negligent oral hygiene in adults, being imperative to prevent its increase through appropriate health programs. In this way, health prevention measures for adult caries and oral hygiene are proposed.

## TEENAGER'S GENDER: HABITS, KNOWLEDGE AND ATTITUDES TOWARDS DENTAL HYGIENE – BOYS WILL BE BOYS

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**Introduction:** The knowledge attitudes and habits of teenagers towards dental hygiene are relevant when planning for a dental diseases preventive program.

**Objectives:** To understand the oral health attitudes, habits and knowledge of teenagers, using the Portuguese version of an international questionnaire.

**Methods:** A questionnaire composed by 5 dimensions (dental fear, esthetics and dental hygiene, health concern, prevention of dental problems and general health) was applied to 1203 teenagers with parental and personal informed consent. Statistical analysis of data was performed using independent sample t-test for comparison between genders, with a significance level of 5%.

**Results:** A sample composed by 532 boys and 671 girls, aged from 12 to 20 years old, mean (sd): 14.9 (1.7) answered the questionnaire. For the dental fear dimension it is noticeable that boys have a greater fear of dental treatments, compared to girls ( $p = 0.013$ ), although girls report to be more nervous at appointments ( $p < 0.01$ ). For esthetics and dental hygiene, girls are more concerned with these issues ( $p < 0.01$ ), and also acknowledge the importance of lifelong dental care. For the health concern dimension, boys are less willing to acknowledge oral health professionals advices ( $p = 0.04$ ), reporting no value to friend and family oral health well-being ( $p < 0.01$ ). Concerning the prevention of dental problems, boys do not value oral health education in school or in private practice environment ( $p < 0.01$ ), giving low respect to gingival problems as a sign of bad oral hygiene ( $p < 0.01$ ). Finally for the general health concerns, boys do not recognize oral health as part of it, differently from girls ( $p < 0.01$ ).

**Conclusions:** Gender influences teenager's oral health knowledge, habits and attitudes.

## ORAL HEALTH ATTITUDES OF TEENAGERS

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**Introduction:** Attitudes can be structured in three components: cognitive, affective and appellative (Dubois, 1999). Questions related to obtaining information to avoid oral diseases and to attend regular dental appointments are grouped in the cognitive component; those related to emotions, mainly the recognition of oral health professional as knowledge providers, self-image evaluation and negative or positive feelings towards dental hygiene are included in affective component; questions relating to the health care demand are part of the appellative component.

**Objectives:** To present the attitudes of 1203 teenagers regarding oral health.

**Methods:** The attitudes dimension of a Portuguese version oral health questionnaire is presented. The questionnaire was applied

in class room, after parental and self informed consent. Statistical analysis was performed using SPSS 17.

**Results:** A sample composed by 532 boys and 671 girls, aged from 12 to 20 years old, mean (sd): 14.9 (1.7) answered the questionnaire. For the cognitive component, they find fundamental to receive information in how to avoid oral health problems (78%) acknowledging the need to visit professionals at least once a year (81.8%). For the affective component 91.6% of teenagers recognize oral health professionals as knowledge providers and 87.9% consider that asking a health professional how to prevent oral diseases is the best attitude to have. Finally in the appellative component, only 57.5% of teenagers mentioned that would look for a dental professional to take care of gingival problems and 78% for solve dental problems.

**Conclusions:** Teenagers recognize and accept oral health professionals as actors in health education reinforce the need to involve these professional in oral health education and promotion programs.

## SUCKING HABITS AND MALOCCLUSION IN DECIDUOUS DENTITION

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**Introduction:** The nutritive sucking habits (breastfeeding and bottle) and non-nutritious habits (use of pacifier or finger) can influence the dental occlusion in the deciduous dentition.

**Objectives:** Evaluate and compare dental occlusion with sucking habits, in 432 children between 3 and 5 years of age, of kindergartens in Vila Franca de Xira (Lisbon).

**Methods:** The data collection was carried out through the application of a questionnaire to the parents and the children's oral observation.

**Results:** 6.9% of children had breastfeeding exclusively, 14.8% only had breastfeeding by the bottle and the vast majority (78.3%) had both. The pacifier was a habit most used (by 81.1% of children). more than half of children observed (61.1%) presented malocclusion. Children who had breastfeeding with bottle showed higher prevalence of malocclusion, when compared with those who had breastfeeding (37.8% and 22.7% respectively), but not a statistically significant difference ( $p \geq 0.05$ ). Children with non-nutritious habits showed higher prevalence of malocclusion (39.7%), when compared to children without any of these habits (18.2%). This difference was statistically significant ( $p = 0.006$ ).

**Conclusions:** Non-nutritious habits provide comfort and tranquility to the child, but have proved as the most related to the presence of malocclusion in childhood, the severity of these problems seems to depend on the duration, frequency, intensity of its use, and recommends their break up of 3-4 years of age.

## GROWING HEALTHY

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**Introduction:** The period between the sixth and eighth grade is the most covered by educational programs on the consumption of psychoactive substances. The studies seem to show there is advantage in starting these programs at earlier stages, adapting

them to the target age, using a methodology that explores the playful side.

**Objectives:** Familiarize the students about the negative effects of drug use.

**Methods:** Population: 24 Children of the 3rd and 4th grade of Farol da Barra Elementary School; Group dynamics, drawings on cardboard and a brief power point presentation were used to encourage reflection on the different themes (tobacco, alcohol and other drugs). A brief evaluation of children's knowledge on the matter was held before and after the session. A satisfaction questionnaire was also applied.

**Results:** Children aged between 8 and 10 years, most of them female (70.8%). Regarding the percentage of correct responses the results for each question (Q), before and after the session, were as follows: (Q1 25/69; Q2 87.5/100; Q3 91.7/95.8; Q4 95.8/100; Q5 41.7/95.8; Q6 79.2/91.7; Q7 83.3/91.7; Q8 91.7/95.8). The total number of children that responded "don't know" decreased from 5.4 to 0.6%. 95.8% of children found that the session will be useful for their lives, 87.5% found that the method was appropriated, 91,7% rated the session as excellent and 8.3% as very good.

**Conclusions:** There was a positive balance in relation to the percentage of correct answers, after the session. The benefits gained are reflected not only by the positive results obtained from the evaluation, but also by the numerous questions raised throughout the session, demonstrating the need for early intervention on the matter of addictive behaviors.

## RELATIONSHIP BETWEEN BODY MASS INDEX, WAIST CIRCUMFERENCE AND DIET WITH DENTAL CARIES IN CHILDREN

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**Introduction:** Since the twenty-first century that there has been changes in nutritional habits, with decreased energy expenditure and increased a diet rich in fats and sugars, realities that have led to the two most prevalent diseases in the world: obesity, considered an epidemic world, and in the field of dentistry, dental caries.

**Objectives:** To evaluate the relationship between tooth decay with the Body Mass Index (BMI), waist circumference (WC) and diet in 73 children, 6 and 7 years old, attending the 1st year of a basic school Cacém.

**Methods:** It was performed an oral observation, anthropometric measurements (weight, height and waist circumference) and a questionnaire about diet.

**Results:** It was found that children who had more cariogenic diet for breakfast had a higher prevalence (24.7%) and severity of dental caries (DMFT = 0.17) than those who had less cariogenic diet (6.8% and DMF = 0.00, respectively), these differences showed to be statistically significant ( $p < 0.05$ ). Still, children who performed a more cariogenic snack had higher severity of caries (DMFT = 4.13) than those who performed less cariogenic snack (DMFT = 2.40); children with normal and high WC revealed a higher prevalence of caries (both 15.1%) than the low WC (1.4%).

**Conclusions:** Children who had more cariogenic diet for breakfast and high WC had significantly higher prevalence of dental caries. Seems to be important early intervention to provide good nutritional habits and oral health care.

## 6. HEALTH AND ADDICTIVE BEHAVIORS

### SCHEMATIC FACES BELONGING TO THE CHILDREN ANXIETY AND PAIN SCALE

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**Introduction:** Many quantifiable self-report scales have been proposed for pediatric use. The CAPS (Children Anxiety and Pain Scale) is one such scale, composed of two sets of hand drawn faces for assessing pain and anxiety/fear, respectively, in children aged from 4 to 10.

**Objectives:** This work is aimed at exploring the claim that the two sets of faces correspond to two distinct constructs: anxiety/fear and pain. The rationale consists in comparing how the lower-face components (nose/mouth) integrate with the upper-face components (eyes/eyebrows) in each set of faces. The relative importance of the upper- and lower-face features is also derived and compared among the two sets of faces.

**Methods:** The methodology of information integration theory (IIT) and functional measurement (FM) was used. Two samples of children (9-12 years old) took part in the experiments: without a regular experience of pain (n = 23); undergoing a post operative period (n = 21). Both groups performed on two experiments, one for each of the two CAPS subscales: pain and anxiety/fear. In each experiment, 25 faces arising from the factorial combination of 5 (upper-face features) x 5 (lower-face features) taken from the corresponding set of CAPS were presented and evaluated on a graphic rating scale.

**Results:** In both groups, upper-face components were the most important in pain faces, and the least important in anxiety/fear faces. This pattern of relative importance remained when instructions were reversed.

**Conclusions:** Outcomes support the notion that the two sets of faces of CAPS embody different constructs. The graphic elements of the two sets do express different concepts. Having or not a regular experience of acute pain did not significantly alter the way children evaluated either fear or pain.

### NOISE AS A DISTURBING FACTOR OF COMFORT EXPERIENCE IN AN EMERGENCY SERVICE

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**Introduction:** Comfort is defined as the immediate and holistic experience being reinforced by the need for relief, tranquility and transcendence in the four contexts of the experience (Kolcaba, 2003). Noise can disturb rest, sleep and communication, damaging their hearing or/and causing psychological and physiological reactions. In this sense, it's recognized as one of the most disturbing factors of comfort.

**Objectives:** Measuring the levels of noise that customers are subjected to in an emergency service; describing the noise levels during the morning, afternoon and evening; identifying sources of noise related to high levels of dB(A).

**Methods:** We conducted a descriptive exploratory study in a emergency service. We evaluated noise levels, from people assisted in the resuscitation room, triage, treatment room, observation room, waiting room of triage and treatment. As instrument for

data collection it was used a sound level meter model 2240. The research was conducted on three consecutive days for 15 minutes in each local, in a total of nine shifts (morning, afternoon and evening).

**Results:** Noise levels evaluated ranged between 51.7 dB(A) on the night, and 82.4 dB(A) in the afternoon. In the morning, the maximum value was 79.6 dB(A) and minimum of 59.1 dB(A); in the afternoon 82.4 dB(A) and 57.4 dB(A); on the night 74.6 dB(A) and 51.7 dB(A), respectively. The noise sources corresponding to higher levels were professionals' conversation [63.8 dB (A) to 77.8 dB(A)]; pumps infusion alarms [79.3 dB(A)]; monitors of vital parameters alarms [68.2 dB(A)]; mobile phones rings [74.3 dB(A)].

**Conclusions:** On the results, it comes out that people assisted in this service are subjected to high levels of noise, exceeding 40 dB(A) (daytime) and 30 dB(A) (night) (WHO, 2002).

### ACUTE INTOXICATION IN A PEDIATRIC EMERGENCY DEPARTMENT: REVIEW

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**Introduction:** Alcoholic intoxication, drugs and other addictive behaviors are becoming more frequent in the pediatric emergency department (ED). Accidental poisonings are more common in younger children.

**Objectives:** Characterize the profile and circumstances of ED visit of children with suspicion of intoxication between January 2011 to December 2012.

**Methods:** Data collection of clinical files and stratified patients according to age, sex, agent of intoxication and symptoms on arrival. We also evaluated prior ED consultation and management.

**Results:** In 24 months, 70 children were observed in ED with suspicion of intoxication. 50% were alcoholic etiology. In this group there was a similar distribution between sex and the median of age was 16 years (min 13). The majority of the cases happened during weekend (85.7%). The higher alcohol level was 3.5 g/L. Among complications: vomiting (25.7%), hypothermia (22.8%) and hypotension (8.6%). Voluntary drug intoxication (VDI): 9 cases (youngest 12), the majority was female sex with an appealing behavior. The most common drugs were paracetamol and benzodiazepines. 66% had dysfunctional family and poor school performance. 3 girls needed to be hospitalized. In 2 cases this wasn't the first VDI. Three cases were intoxication with cannabinoid, all boys. And other 3 boys had simultaneously alcohol and cannabinoid abuse. Accidental poisonings (13 cases) were mostly seen in young children (median: 2 years and 7 months), with most frequent agents, medicine (7 cases) and cleaning substances.

**Conclusions:** Despite the rarity of serious complications, there has been an alarming number of intoxication cases. In the adolescent, the emergency department visit can be the only opportunity for intervention and should be leveraged to the maximum especially towards prevention measures.

### INTERNET ADDICTION AND LONELINESS AMONG PORTUGUESE ELEMENTARY SCHOOL STUDENTS: AN EXPLORATORY QUANTITATIVE STUDY

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**Introduction:** The internet has become an essential tool of the modern life. People use it to search for information and perform

many other activities, although for a great majority of its users the primary purpose for going online is to connect with others (Pezoa-Jares et al, 2012). Despite its obvious benefits, the Internet is not without its problems, especially when its use becomes excessive leading people to increased levels of isolation and other psychiatric comorbidities.

**Objectives:** To assess the level of Internet Addiction among the students of a portuguese elementary school and to test the relationships between the sociodemographic variables and the measures of loneliness (social and emotional isolation).

**Methods:** The study follows a quantitative methodology with a non-probability convenience sample of 400 students attending an elementary school in Lisbon. The present study includes a sociodemographic questionnaire, the Internet Addiction Test (Young, 1998) and The 6-item De Jong Gierveld Loneliness Scales (De Jong Gierveld & Tilburg, 2006).

**Results:** As the present study is still being undertaken, we expect to give a general overview of the extent of Internet Addiction among our sample and to test the viability of the proposed hypothesis assessments that the authors aim to further investigate.

**Conclusions:** The results will help us to enlighten the scientific community to better understand the needs of the portuguese children in regard to their Internet usage habits, giving us further hints on which areas the information dissemination towards health and pedagogical practioneers and Internet users or caratakers shall be oriented.

#### QUALITY OF LIFE (QOL) VS FUNCTIONAL AUTONOMY/ INDEPENDENCE ON LIFE ACTIVITIES IN THE ELDERLY

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**Introduction:** There are some factors associated to the aging process, which contribute to the increase of the quality of life. Investigations that took place in this area have demonstrated that the independence when developing life activities is a determinant factor to the well-being and the quality of life of the elderly.

**Objectives:** To evaluate the perception of the elderly concerning their quality of life and to verify the influence of the social and demographic variables and the functional autonomy/ independence on the LA on the variability of the quality of life of the elderly.

**Methods:** A transverse, descriptive and of quantitative nature was developed. The sample is non-probabilistic by convenience and consists of 210 elderly from the municipality of Tondela. The evaluation protocol includes a social/demographic questionnaire, the Barthel Index and the Evaluation Matrix of the Quality of Life (DGS, 1995).

**Results:** The studied population is mostly female (60.9%), married and with an average of 72.91 years of age. The level of educational qualifications is low (17.1% illiterates), the incomes are low and dissatisfaction is referred concerning the value of their retirement pension (73.3%). The majority of the elderly is independent in all indicators varying from 93.3% (personal hygiene cares) to 82.9% (mobility). There are 92.9% of the elderly who claim to have QOL, being mostly men. The elderly with the highest functional autonomy/ independence are those who state to have best QOL ( $p = 0,000$ ). The functional autonomy/ independence explains 28.8% of the QOL variability.

**Conclusions:** The functional ability contributes to the importance and accomplishment of self-caring, providing well-being and enhancing a healthy aging.

#### ADOLESCENTS CONSUPTION OF TOBACCO

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**Background:** The consumption of tobacco is widely accepted as one of the most significant causes of morbidity and avoidable mortality worldwide. The change in behaviour in adolescence caused by the use of tobacco is of unquestionable relevance.

**Objetives:** To analyze the impact that the social environment (school and lifestyle), psychological environment (Self-esteem and Self-concept) and ability of self-regulation have in the use of tobacco in adolescence.

**Methods:** Study developed with the collaboration of 971 high school students, following the protocols and evaluation methods presented in: Self-regulation (Castillo & Dias, 2009), Self-Esteem Scale of Rosenberg (Romano, Negreiro & Martins, 2007), Clinical Inventory of Self-concept (Vaz Serra, 1984) and Tobacco Consumption Scale (Precioso, 2007).

**Results:** The students with ages between 14-21 years, while revealing good self-esteem (47.40%) and good self-concept (45.30%). We came to the conclusion that 62.0% of subjects already used tobacco or tried to, with no meaningful difference between genders (63.0% in girls and 60.6% in boys). The first cigarette tends to be smoked while in school, which applies both to girls (35.5%) and boys (39.1%). Around 13% of girls and 22% of boys smoke every day. We also identified that the main place where they acquire tobacco is school. The average smoker gets introduced to tobacco at the age of 13,8 years, with boys having a tendency to be first adopters (13,65 years). The data reveals a meaningful difference between genders on this last point ( $t = 2.778$ ;  $p = 0.006$ ).

**Conclusions:** The development of skills of self-regulation while in school proves to be a determinant factor in the protection of our youth against changing behaviors and helps promoting healthy lifestyles among adolescents.

## 7. MENTAL HEALTH

#### SOCIAL ADAPTATION OF A GROUP OF OBESE CHILDREN BY THE TRIAL OF PARENTS AND TEACHERS

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**Introduction:** Several studies show the relationship between childhood obesity and psychological problems: negative self-concept, body image dissatisfaction, anxiety symptoms and depressive deficits in intellectual performance tests. Most publications reflect data from self-reports. Few studies analyze the external perceptions regarding immediate (parents or teachers) on social adaptation obese children.

**Objetives:** To analyze the social behavior of a group of obese children compared with two other groups: diabetic and healthy normal weight.

**Methods:** A comparative study of 90 children (50 boys and 40 girls) with a mean age of 10 years and a standard deviation 1.13, divided into three groups: obese (n = 30), diabetes (n = 30) and healthy normal weight (n = 30). They are evaluated by Socialization Battery for Parents and Teachers (BAS; Silva and Martorell, 1989). The data are subjected to comparative analysis. First we analyze whether there is a statistically significant interaction between sex and group factors (Simple Factorial ANOVA). Subsequently three groups are compared (ANOVA + 1 Factor Scheffe test), mixing children in each group.

**Results:** We observed statistically significant interaction between sex and group factors in the *Overall Scale of Socialization*: obese girls being the worst adapted according to the judgment of the parents. When comparing the three groups, according to the judgment of the parents are obese children reported the lowest score in *Leadership* and *Apathy*. According obese teachers show lower scores on *Social Sensitivity*, *Apathy/Withdrawal* and *Global Scale Socialization*.

**Conclusions:** In some respects of social adaptation, obese children showed worse social adjustment as judged by parents and teachers, especially obese girls.

### COGNITIVE EMOTIONS REGULATION QUESTIONNAIRE: VALIDATION OF THE PORTUGUESE VERSION

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**Introduction:** Cognitive emotion regulation refers to the conscious, cognitive way of handling the intake of emotionally arousing information and can be considered part of the broader concept of emotion regulation. The Cognitive Emotions Regulation Questionnaire (CERQ; Garnefski et al, 2002) is a 36-item questionnaire to measures specific cognitive emotion regulation strategies used in response to the experience of threatening or stressful life events.

**Objectives:** To investigate the psychometric properties of the CERQ Portuguese version.

**Methods:** The Portuguese preliminary version of the CERQ was administered to a community sample of 344 university students (234 girls; 68.4%). The mean age was 20.69 ( $\pm 1.586$ ). To study the temporal stability, 129 (84 girls; 65.1%) respondents answered the CERQ again after approximately six weeks.

**Results:** The CERQ Cronbach's alpha was "very good" ( $\alpha = .89$ ). The test-retest correlation coefficient was high, positive and significant (.58;  $p < .001$ ). Following the Kaiser and the Cattell's Scree Plot criteria, an eight factors structure was selected, which explained variance (EV) was 59.96%. Based on items content, the meaningful eight factors were denominated as follows: Positive reappraisal and planning (EV 22.86%;  $\alpha = .89$ ), Positive refocusing (15.59%;  $\alpha = .86$ ), Rumination (6.45%;  $\alpha = .78$ ), Blaming others (4.92%;  $\alpha = .79$ ), Putting into perspective (4.11%;  $\alpha = .80$ ), Self-blame (3.71%;  $\alpha = .76$ ), Acceptance and Catastrophizing (3.25%;  $\alpha = .74$ ).

**Conclusions:** The Portuguese version of CERQ has good reliability and validity. Its factorial structure significantly overlaps with the original. CERQ could be very useful to clinical and epidemiological purposes.

### PERSEVERATIVE THINKING QUESTIONNAIRE: VALIDATION OF THE PORTUGUESE VERSION

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**Introduction:** Perseverative negative thinking (PNT) is related to several types of emotional problems and has therefore been suggested to be a transdiagnostic process. However, existing measures of PNT typically focus on a particular disorder-specific content. The recently developed Perseverative Thinking Questionnaire (PTQ; Ehring et al, 2011) is a content-independent self-report questionnaire, with 15 items assessing the core characteristics of PNT (repetitiveness, intrusiveness, difficulties with disengagement, perceived unproductiveness and capturing mental capacity).

**Objectives:** To investigate the psychometric properties of the PTQ Portuguese version.

**Methods:** The Portuguese preliminary version of the PTQ was administered to a community sample of 344 university students (234 girls; 68.4%). The mean age was 20.69 ( $\pm 1.586$ ). To study the temporal stability, 129 (84 girls; 65.1%) respondents answered the PTQ again after approximately six weeks.

**Results:** The PTQ Cronbach's alpha was "very good" ( $\alpha = .93$ ). All the items contributed to the internal consistency, with correlation coefficients between item and the total ranging from .50 to .73. The test-retest Pearson correlation coefficient was .79 ( $p < .001$ ). Following the Kaiser and the Cattell's Scree Plot criteria, a two factors structure was selected, which explained variance (EV) was 59.96%. Based on items content, Factor (F) 1 (EV = 49.48%;  $\alpha = .90$ ) and F2 (EV = 10.48%;  $\alpha = .87$ ) were denominated "Repetitive Thought" and "Cognitive interference and unproductiveness", respectively.

**Conclusions:** The Portuguese version of PTQ has good reliability and validity. Its factorial structure does not completely overlap with the original, but is meaningful. QPP could be very useful to clinical and epidemiological purposes.

### NEW PERSPECTIVES PHYSICAL ACTIVITY AND HEALTH PHYSICAL EDUCATION SCHOOL LINKS

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**Introduction:** The relationship between physical activity and health has been gradually replaced by a focus on improving the quality of life, which has been built into the discourse of Physical Education. We aimed through this study a careful rereading of the identity of Physical Education professional pointing out structural strategies aimed at developing the practices of (trans)forming in social contexts.

**State of art:** The bibliographic study initiates at physical education and its exclusive practice to their members, major role of promoter of physical activities and reinterpretation of the identity of the teacher on his performance as (trans)forming agent in social context, characterized his practice with a new pedagogy, facing the "how to be", "how live", "know-how", relying on skills needed and

guide for teaching, remembering topics of Humanistic-existential Psychology, Positive Psychology Education and Health Education.

**New perspectives:** It is urgent task to carefully analyze the attempts of massification of standards of moralizing the physical appearance of utopian 'body healed', the 'generation health' and 'active lifestyle', underway in contemporary society, above all because are anchored in logic quantifier and positivist.

**Theoretical and practical implications:** As area to promote health in physical education, we need to understand more how incorporate changes of the concept of health, emphasizing above all the interrelationships with social equity issues ahead of human movement and development, characterizing as promoter of a new pedagogy, aimed at building a healthy man in renewed social culture.

## THE VALUE OF CONFIDENCE IN HEALTH AND WELLNESS IN NEW ORGANIZATIONAL MODELS

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**Introduction:** The confidence is one of the most problematic values in promotion of health and wellness. However, the behavior in organizational forms has resulted in various problems in terms of practices, performance and structure (Fukuyama, 2000).

**Objectives:** To assess the relationship between confidence variable, attitudes towards respect and the organizational culture. Based in values and recognizing that the dignity of human being must be preserved, the organizations need more ethic. Moreira (2007), Bradach e Eccles (1989) analysed confidence as a mechanism of coordination and management.

**Methods:** The research (2008-2012) is a qualitative data selection through interviews which were conducted to an organization related to health and wellness. Included 23 units in Portugal. 55% of the inquired respond that confidence is the most important value. Uncertainty comes in second, 35%, and information 10%.

**Results:** The current research paper intends to demonstrate that these problems become bigger once the relation between the professionals and the clients could endanger the quality of services provided. Is essential to review the behavior of new organizational forms so that their users can regain confidence.

**Conclusions:** The confidence and the uncertainty are the biggest problem in the relation between the actors in health and wellness. Is a problem of ethic and human rights.

## RISK FACTORS AND ATTACHMENT ORGANIZATION IN EATING DISORDERS: PRELIMINARY RESULTS

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**Introduction:** Eating disorders (ED) are serious disorders that affect mainly adolescents and young women. Risk factors research in ED, reveal that a variety of factors may be potentially implicated in the development of these disorders. Over the last decades, research on attachment has contributed to explore the importance of early attachment relations in the development of psychopathology. ED is one of the clinical groups in which attachment processes are of special relevance.

**Aims:** To examine the relations between attachment organization and the presence of risk factors associated with ED aetiology in a sample of female patients.

**Methods:** Patients attending ED treatment units are being assessed with the Adult Attachment Interview (AAI; George, Kaplan & Main, 1984) and with the Oxford Risk Factors Interview for Eating Disorders (Fairburn & Welch., 1990).

**Results:** At the moment, 20 female patients with ED were assessed, aged between 15-34 years old ( $M = 21.65$ ;  $SD = 4.58$ ). Eleven (55%) have a diagnosis of anorexia nervosa and 9 (45%) bulimia nervosa. Body mass index ranged between 12.26 to 24.34 ( $M = 17.70$ ;  $SD = 3.62$ ). Nonsecure patients referred more comments about eating and weight before the onset of their eating problems than secure patients ( $Z = -2.52$ ,  $p < .05$ ). The relationship between childhood problems and attachment hyperactivation is almost significant ( $\rho = -.430$ ,  $p < .10$ ). Child abuse is significantly related to preoccupied attachment ( $\rho = .595$ ,  $p < .001$ ), and hyperactivation ( $\rho = -.473$ ,  $p < .05$ ). Child psychopathology is negatively correlated to attachment security and to the Deactivation/Hyperactivation dimension ( $\rho = -.552$ ,  $p < .05$  and  $\rho = -.411$ ,  $p < .10$ , respectively), and positively correlated to preoccupied attachment ( $\rho = .541$ ,  $p < .05$ ).

**Conclusions:** Although in progress, data shows an association between attachment insecurity and the exposure to some risk factors related to the development of ED. Specifically, hyperactivating strategies of attachment seem to be related to the experience of more abuse, psychopathology, and problems during childhood.

## THE ADOLESCENTS' VERSION OF THE EVENT CENTRALITY SCALE (CES-A): STUDY OF ITS PSYCHOMETRIC PROPERTIES

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**Introduction:** Adverse experiences, in particular, early shame experiences can function as traumatic memories and become central to self-identity, and thus negatively impact on psychopathology vulnerability later in life. Adolescence developmental features turn it into a period of increased vulnerability to the impact of adverse experiences. At the same time, one of the major developmental tasks of this period is the process of identity formation. The Centrality Event Scale (CES) for adults has been used to assess at which extent the memory of the stressor event represents a central landmark for personal identity and meaning assignment to other life experiences.

**Objectives:** Present the adolescents' version of the CES and its psychometric properties.

**Methods:** The sample consisted of 397 adolescents, with ages ranging from 12 to 18 ( $M = 14.91$ ;  $SD = 1.77$ ), 7th-12th grade students in both rural and urban areas schools. Besides the CES-A, these students completed a set of self-report measures related to psychopathological symptoms, and perception of their current feelings of external and internal shame.

**Results:** the CES-A revealed good internal consistency ( $\alpha = .95$ ), an adequate temporal stability ( $r = .64$ ), a single factor structure, and correlations with other study variables in the expected direction. The centrality of shame experiences has shown a positive relationship with anxiety, depression and stress symptoms, as well as with external and internal shame.

**Conclusions:** Our findings suggest that the CES-A shows adequate psychometric properties and may be useful for the assessment of shame memories centrality in adolescents.



### THE TRAUMATIC IMPACT OF SHAME EXPERIENCES: STUDY OF THE PSYCHOMETRIC PROPERTIES OF THE IMPACT EVENT SCALE IN ADOLESCENTS (IES-A)

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**Introduction:** Studies with adults have shown that adverse childhood experiences may turn into traumatic memories that enhance the development of psychopathology. The Impact Event Scale is one of the most widely used self-report instruments in studies focusing the psychological impact of traumatic events. Adolescence developmental features turn it into a period of increased vulnerability to the impact of adverse experiences such as criticism, rejection, abuse, bullying, etc., and thus it is important to assess the traumatic characteristics of such experiences.

**Objectives:** To adapt the IES-R for adolescents and explore its psychometric properties.

**Methods:** Participants were 397 adolescents (190 boys and 207 girls) with ages between 12 and 18 years old ( $M = 14.91$ ;  $SD = 1.77$ ). A set of self-report measures including the IES-R and measures of traumatic memories centrality (CES) and anxiety and depression (DASS), was administered.

**Results:** Similar to the original version, IES-A showed a single component structure, explaining 45% of total variance. Item-total correlations ranged from .47 to .74, and an excellent internal consistency was found (Cronbach alpha = .94), suggesting an excellent reliability of this measure. Test-retest reliability showed a value of .67, also suggesting an adequate stability. Convergent and discriminant validity were confirmed through moderate correlations (from .60 to .65) with depression, and anxiety and stress measures.

**Conclusions:** Overall, findings suggest that the IES-A is a reliable and valid measure for the assessment of traumatic impact of shame experiences in adolescents.

### THE ROLE OF TRAUMATIC MEMORIES AND SHAME FEELINGS ON ADOLESCENTS' ANXIETY AND DEPRESSION

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**Introduction:** Recent studies have shown that childhood and adolescence shame experiences can function as traumatic memories and are related to shame feelings and psychopathology in adulthood. However, research investigating the impact of traumatic shame memories in adolescence is scarce.

**Objectives:** This study explores the relationship between traumatic shame memories and current shame feelings (external and internal) and psychopathology, specifically depression, anxiety and stress, in adolescents.

**Methods:** 364 adolescents (199 girls and 165 boys) with ages ranging from 12 to 18 ( $M = 14.97$ ;  $DP = 1.79$ ) recruited in the regular school system, participated in this study. Data was collected through the use of the following self-report instruments: Impact of Event Scale-Revised (IES-R), Internalized Shame Scale (ISS), Others As Shamers (OAS), Depression, Anxiety and Stress Scale (DASS-21).

**Results:** The traumatic impact of shame experiences is related to psychopathology and shame feelings. Depression and anxiety multiple regression models, carried separately for both genders, pointed to the contribution of traumatic memories and shame feelings (internal and external), accounting for 52% and 65% of total variance. Internal shame emerged as the best predictor for depression whereas external shame emerged as a better predictor

for anxiety. Additionally, traumatic memory showed an exclusive and independent contribution for depression and anxiety even when the effect of shame (internal and external) was controlled for.

**Conclusions:** A better knowledge of the impact of traumatic shame memories in adolescence would allow the tailoring of more specific psychological interventions to prevent emotional and adjustment problems.

### MENTAL HEALTH LITERACY IN STUDENTS FROM PUBLIC & PRIVATE SCHOOLS: PRELIMINARY RESULTS FROM FINDING SPACE TO MENTAL HEALTH

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**Introduction:** The lack of knowledge related to mental health issues-Mental Health Literacy (Jorm, 2012) along with stigma, are considered the main barriers to mental health promotion (MHP) (Pinfold et al, 2005; Stuart, 2006). The level of general knowledge is influenced by a number of different variables, including the socio-economic context. Likewise, mental health literacy (MHL) levels may be partly dependent on respondent's SES (von dem Knesebeck et al, 2012). Moreover, public and private schools seem to be associated with lower and higher SES, as mentioned in a report, in which Portugal took part: "private schools' ability to attract socioeconomically advantaged students" (OECD, 2011, p. 2). The present study is part of "Finding Space to Mental Health" project, which aims to develop a school-based intervention to promote MHL in young people (12-14 year olds).

**Objectives:** This poster aims to discuss the preliminary results regarding differences between students from private and public schools, on knowledge related to mental health problems.

**Methods:** Data from 100 Portuguese adolescents ( $Mage = 12.93$ ;  $SD = 0.94$ ; 53.5% male), from public ( $N = 50$ ) and private schools ( $N = 50$ ) were used. Knowledge about mental health problems was assessed using the Mental Health Literacy questionnaire (Campos, Palha, Dias, Veiga, & Duarte, 2012).

**Results:** Students from private schools show significantly higher knowledge ( $M = 3.96$ ;  $SD = 0.32$ ) than students from public schools ( $M = 3.81$ ;  $SD = 0.37$ ;  $t(88) = -1.99$ ;  $p = 0.049$ ).

**Conclusions:** These results are in line with previous studies focusing on the relation between MHL and SES (von dem Knesebeck et al, 2012). MHP interventions should be aware to public school contexts.

### EXPERIENCE OF SEXUALITY: CONTRIBUTIONS OF SCHOOL CONTEXT

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**Introduction:** Sexuality includes biological, psychosocial and cultural demonstrations whereby the individuals express

themselves as men and women. Basic element of personality, is a way of being, of demonstrate, of communicating with others, of feeling, of expressing and living the human love.

**Objectives:** Knowing the contributes of school context and different dimensions of teaching/learning (clinical internship, group relationships, relationship with teacher, subjects and pedagogic/scientific school's resources about sexuality), as favoring conditions of the promotion of scientific knowledge in sexuality field and of the development and identity construction and intimacy with nursing students.

**Methods:** Descriptive-correlational study, developed in a non-probabilistic intentional and accidental sample, with 131 students from 4th grade, from 2 nursing schools from the central region of Portugal. The data collect was supported on the Inventory of Evaluation of the Curriculum and School Context Contributions for the Development and Empowerment of Nursing Students at Sexuality Area. (Rodrigues, Antunes, Loureiro, 2003).

**Results:** It was evidenced that in both schools the internship contributed for a major dishinhibition of the students in the intimate relationship with teachers and lead to sharing experiences in peer groups. However it was ascertained, in both schools, that there was a gap on the way how the sexuality is broached by the teachers, is still being taught only in a clinical way.

**Conclusions:** From the results it is considered appropriate a restructuring and standardization of the nursing curricula, aiming, in sexuality area, the teaching/learning process become more humanized and shared.

## OVERWEIGHT AND OBESITY IN CHILDREN AND ADOLESCENTS FROM 3 HEALTH CARE CENTERS IN VISEU

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**Introduction:** Obesity is the most prevalent nutritional disorder in the world. Nowadays, it is considered the 21st century epidemic and Portugal is no exception. Its prevalence is increasing in childhood and adolescence.

**Objectives:** To determine the prevalence of overweight and obesity in children / adolescents from three Health Centres (USFs) in Viseu. To relate overweight and obesity with gender and age groups.

**Methods:** Cross-sectional, descriptive and analytical study that included 1799 children and adolescents aged 2 to 18 years from three Health Centres of Viseu, with registered height and weight in the year of 2012. We used Body Mass Index (BMI) tables of Centers for Disease Control and Prevention as a reference. Statistical analysis was performed using SPSS software and non-parametric tests were used to verify the statistical significance of data, considering statistical significance for p values < 0.05.

**Results:** The overall prevalence rate found for overweight and obesity was 9.1% and 12.1%, respectively. There was a higher percentage of females who are overweight and males with obesity. A statistically significant difference was found between obesity and gender and obesity and age group.

**Conclusions:** The results of this study were not similar to other national studies already conducted, however it enhances the relevance of this issue in primary Care. Family physicians, with the support of a multidisciplinary team, play an important role in this area, promoting healthier lifestyles.

## AT FINGERTIPS: THE IPAD AS COMPLEX INSTRUMENT OF COGNITION/SUBJETIVATION IN AUTISTIC SPECTRUM DISORDER

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**Introduction:** The coupling of children diagnosed as Autistic Spectrum Disorder (ASD) with digital machines, has in tablets, devices with touch screen, very important aspects to be thought about in relation to social performance and cognitive of these children. Children with ASD do not follow typical patterns when developing social and communication skills. The challenge to which these children may have an evolution in his process of cognition/subjectivity leads us to think in new ways of intervention.

**Objectives:** To investigate the implications of the use of Ipad in children wick ASD to understand how the technologies "touch" may potentiate the process of knowledge/subjectivity of these subjects.

**Methods:** This is a qualitative research that it intends to work with the subjective aspects such as dimension inseparable of the entire cognitive process of subject, are 10 autistic children that will be accompanied by over 3 years, in the Integrated System of Health of the Santa Cruz do Sul University/UNISC in sessions of 50 minutes, where will be proposed challenging tasks to be performed on iPad.

**Results:** The results obtained up to now, point to a greater autonomy, better organization of their tasks, better social interaction, decrease of mood disorders, decrease of repetitive and stereotyped behaviors and complexing agents to a considerable improvement in the communication of the subjects of this research.

**Conclusions:** Because it is a survey of medium/long term, our conclusions are preliminary and are pointing to a cognitive process complex in the sense of a integration new impulse that is enabling attitudes of autonomy, interconnections and invention of paths, with an immense potential for cognition/subjectivation.

## EXPLORATORY STUDY OF THE PORTUGUESE VERSION OF THE RISK-TAKING AND SELF-HARM INVENTORY FOR ADOLESCENTS

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**Introduction:** Risk-taking (RT) and self-harm (SH) behaviours are prominent concerns that make adolescence a particularly vulnerable period. These health-risk behaviours are clinically, empirically and conceptually associated. Thus, the assessment of these RT and self-destructive behaviours is important, in order to identify, understand and prevent emotional, psychological and adjustment problems in adolescents.

**Objectives:** The aim of this study is to explore the psychometric properties of the Portuguese version of the Risk-Taking and Self-Harm Inventory for Adolescents (RTSHIA; Vrouva et al, 2010).

**Methods:** The sample consists of 400 adolescents, with 180 boys (45%) and 220 girls (55%), aged between 12 and 18 years (M = 14.99; SD = 1.79), in the 7th to 12th grades from regular schools. The participants answered self-report questionnaires, including sociodemographic questions, the RTSHIA and the Youth Quality of Life Instrument (surveillance version; Topolski et al, 2001).

**Results:** The Portuguese version of the RTSHIA show an adequate item reliability, an excellent internal consistency for both behaviours (RT:  $\alpha = .81$ ; SH:  $\alpha = .89$ ) and a moderate intercorrelation between the two subscales ( $r = .30$ ,  $p \leq .001$ ). In this sample,

boys engage in more RT behaviours than girls. Girls have more deliberate self-harm behaviours than boys. Regarding to age, the older adolescents report more RT and SH behaviours comparing with younger teenagers. As expected, RT and SH behaviours are negatively correlated with a self-perceived quality of life measure. **Conclusions:** The results of this exploratory study suggest that the RTSHIA is a useful and valid measure for the assessment of RT and SH behaviours for educational, clinical and research purposes with adolescents.

### THE MENTAL HEALTH: REFLECTION ABOUT ACADEMIC EXPERIENCES, STRESS AND ACADEMIC LIFE'S ADAPTATION

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**Introduction:** Adapting to university can be a significant stress factor that causes varying degrees of anxiety depending on the degree of intensity that gives each student the situation.

**Objectives:** To reflect on academic experiences, stress and its intensity, promoting the improvement of mental health and ability to adapt to academic life.

**Methods:** They were applied to 17 students of 1st year of ESTeSC following inquiries: Sample characterization Questionnaire; Brief Symptoms Inventory; Coping Strategies of Folkman and Lazarus Questionnaire; Inventory of Stress in University Students of Pereira et al, before and after 6 theoretical-practical sessions on stress and coping strategies.

**Results:** 82.3% considered that the time management causes very intense stress; 64.7% considered that anxiety before the exam evaluation causes very intense stress; adaptation to the demands of the course causes to 47.7% of respondents, very intense stress and to 29.4% moderate stress; performing written exam causes too intense stress to 58.8% and moderate stress to 23.5%. Assessing the effectiveness of the intervention is still ongoing.

**Conclusions:** The awareness of the students about how they deal with the academic experiences and how stress can impair mental health in the short or long term, contributes to changing behaviors and lifestyles, improving stress management, adjusting to academic life and health gains.

### ASSESSMENT OF PSYCHOPATHOLOGY IN CLINICALLY REFERENCED CHILDREN WITH PORTUGUESE BATTERY ASEBA: CROSS-INFORMANT AGREEMENT

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**Introduction:** Mental health professionals recognize the following advantages in using more than one informant in assessing psychopathology: more than one perspective on the problem, collecting more information about the child's functioning in multiple contexts; information is more reliable and complete. However, several characteristics of informants may influence how they perceive and recognize the problem(s) (Achenbach, 2006).

**Objectives:** To explore levels of cross-informant agreement of psychopathology in a school-age clinical sample and to identify their socio-demographic and clinical predictors.

**Methods:** 417 Portuguese clinically referred children, aged between 6 and 10 years-old ( $M = 7.94$ ;  $SD = 1.37$ ); 65.6% male. Measures: Sociodemographic questionnaire; Diagnostic questionnaire; Child Behavior Checklist (CBCL; Achenbach, 2001; Portuguese version: Gonçalves, Dias, & Machado, 2007), completed by mother and father; and Teacher Report Form (TRF; Achenbach, 2001; Portuguese version: Gonçalves, Dias, & Machado, 2007), completed by teacher.

**Results:** Higher correlations were found, in all ASEBA scales, between mother and father, followed by mother and teacher; father and teacher show the weakest correlations. The analyses of the predictors through regression analyses are in progress.

### LANGUAGE DISORDERS IN THE CONTEXT OF PHONOLOGY IN CHILDREN 6 TO 10 YEARS: PREVALENCE STUDY

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**Introduction:** During acquisition and normal language development, children resort to ways of facilitating oral verbal productions of adults. However, the use of these simplifications after the period considered normal, can suggest a phonological delayed development of the child.

**Objectives:** To determine the type of phonological processes that occur in children 6 to 10 years; Relate the frequency occurrence of them with the child age; Relate the frequency occurrence of the same with the child sex.

**Methods:** They were part of this study 129 children, of both genders, aged [6,0-11;0]years. Initially, a questionnaire was delivered to parents to determine which children were part of the inclusion criteria. Then were evaluated with the TFF-ALPE, in order to analyze the phonological processes.

**Results:** The phonological processes with higher occurrence were the weak syllable deletion (28.9%), metathesis (18.0%), fronting (13.3%), gliding of liquids (10.2%), epenthesis (10.2%), devoicing (9.4%) and the migration (8.7%). Regarding age variable, the highest occurrence of phonological processes lies in the [6; 6-7; 0] and [7; 0-7; 6] years, with no significant differences in the other age groups, of such so that the difference found among the older children and younger does not reflect a gradual decrease of them. To the variable gender, the female group showed mostly higher than the average male group, however, these differences were not significant ( $p > 0.05$ ).

**Conclusions:** It was concluded which are the atypical phonological processes that occur more, that does not exist a decrease in the occurrence of phonological processes as the age increases, as expected, and that the use of phonological processes is influenced by the sex of the child, although the differences were not significant.

### DISTRESS, STRESS AND DEPRESSION IN HIGHER EDUCATION STUDENTS

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**Introduction:** Higher education students are vulnerable to stress factors due to their psychosocial development stage and,

particularly, university life challenges. These situations might be perceived by the students as a crisis and/or a developmental opportunity.

**Objectives:** To characterize the global mental health of higher education students, in terms of emotional distress, stress and depression.

**Methods:** This is a quantitative descriptive and cross-sectional study with a sample of 220 University students attending, and not attending, professional psychological support. The evaluation protocol includes a sociodemographic questionnaire, the University Student Stress Inventory (ISEU; Pereira et al, 2004), the Mental Health Inventory (MHI5; Berwick et al, 1991), the Emotional Thermometers (ET-5; Mitchell, 2007), and the Patient Health Questionnaire (PHQ9; Kroenke, Spitzer, & Williams, 2001).

**Results:** We found the existence of high levels of depression, stress and distress in higher education students. In particular, students attending psychological counseling revealed more difficulties. All the variables involved are significantly correlated. This study shows evidence that less distress, less symptoms of depression and stress, and a lower need of help perception, all of them representing less need of professional psychological support, constitute the fundamental promoters of mental health.

**Conclusions:** The results enhance the need to consider psychological and sociodemographic variables in the study of the predicting factors of the students' mental health. We consider that these findings have implications in the prevention policies for the promotion of mental health in higher education institutions.

## 8. EDUCATION FOR HEALTH EATING BEHAVIORS

### INFLUENCE OF FOOD EDUCATION IN EATING HABITS IN STUDENTS FROM 2ND AND 3RD CYCLES IN VISEU SCHOOLS

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**Introduction:** Food Education as a means of promoting a healthy diet is very important nowadays, given the problems identified in the eating habits of the young's, resulting in public health problems. The intervention strategies haven't proved to be very effective and therefore children and young students still reveal inadequate diets and sedentary lifestyles.

**Objectives:** Verify the level of knowledge about food and habits of the students; Analyze how the information provided by educators is sufficient to promote a healthy diet; Understand if physical activity is being neglected at the expense of the use of new technologies in relation to the maintenance of healthy habits.

**Methods:** This is an investigation of descriptive-correlational nature based on a questionnaire. The target population of this study was the students in Viseu schools. The sample consisted of students aged between 10 and 15 years from the 5th to the 9th levels. It was randomly selected among classes belonging to each level of education. The data collected was analyzed by SPSS, using the Descriptive and Inferential Statistics.

**Results:** The majority of students revealed a deficient knowledge about the concept of healthy diet, and the recommended dosages

for the main groups of foods. Furthermore, the evaluation of the eating habits of the students showed that sometimes they prefer foods that please, like chocolate or chips, for example in disfavor of foods that promote health, such as fruits, milk or soup.

**Conclusions:** The food education is still a challenge and a major investment must be made on this area so as to promote health and minimize the important public health problems in future generations.

### EATING BEHAVIORS OF STUDENTS IN A GUARDA (PORTUGAL) ELEMENTARY SCHOOL: A CASE OF STUDY

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**Introduction:** Obesity has been considered a major public health problem worldwide and its prevalence has increased in children and youth. Family and school have an important role in the formation of healthy children and youth and in health promotion and disease prevention.

**Objectives:** To examine the prevalence of obesity in a sample of students and describe the eating habits associated.

**Methods:** This is a quantitative descriptive study with a sample of 172 students attending elementary school (middle age: 11+/0,9). The evaluation protocol includes sociodemographic questionnaire and a part with multiple items that claimed to be evaluated assessing eating behaviors.

**Results:** Through the IMC we found that 56.4% of students had a weight below normal and 39.5% normal weight; 4.1% were over weighted. It was found that most meals are taken at home, however, 65.7% have lunch at school. Most students always drink water (55.2%) and milk (61%) during the day, and consumption of alcoholic drinks are scarce, however, 9,9% consumed energy drinks (most males). Making a comparison between groups, water and vegetables consumptions more occurs in females. Most students practice physical activity (97.7%), football a sport mostly done by males and dance by females ( $p < 0.05$ ).

**Conclusions:** The results suggest that healthy eating behaviors are prevalent in this sample. Students perform the four main meals, eat some food between meals and before bed. These students have a varied diet, consuming fish and meat alternately, soup most days, fresh vegetables and fruits, and the consumption of sugars is bit worrying. In terms of drinks, water is regularly drunk, but also soft drinks. Regularly practice of physical activity and good performance in school was also found.

### ASSOCIATION BETWEEN GENERAL SELF-EFFICACY AND EATING HABITS AMONG ADOLESCENTS

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**Introduction:** Food choices are the result of several factors. Individual predispositions and resiliency are responsible for regulating against alternative food challenges. Bandura (1982) describes self-efficacy as a sense of self-esteem, feelings of adequacy, efficiency and competence to tackle the problems. Self-efficacy also underlies the choices and effort spent in activities or accomplishments.

**Objectives:** To investigate associations between self-efficacy and eating habits.

**Methods:** This is a cross-sectional survey, with data collected through self-administered questionnaires. Two schools participated

in the survey (convenience sample). For each school, students were invited to participate, reaching a sample size of 358 students, aged 14 to 18. Students were asked to complete the Eating Habits Scale (EHA) as well as the General Self-efficacy Questionnaire (GSQ), (EHA/GSQ: 0-200/15-105), both validated for Portugal.

**Results:** Significant positive correlation ( $r = .26$ ;  $p < .001$ ) was found between eating behaviors and self-efficacy (EHA: 86-172; mean = 137.4; GSQ: 29-105; mean = 78). The correlation was stronger for the self-efficacy's component of resistance to adversity (.32), followed by the initiative and persistence (.18) and by social effectiveness (.16). A higher coefficient of correlation was found among boys (.34) than among girls (.25), among overall scores of GSQ and scores of EHA.

**Conclusions:** Higher self-efficacy may be associated with appropriate eating behaviors in adolescents. Control and resistance perception may play an important role, motivating youngsters to adopt healthy lifestyles. Thus, promoting self-efficacy can boost up healthy eating habits. Moreover, it may be appropriate to adopt health promotion strategies differentiated by gender.

## EATING DISORDERS IN YOUNG FEMALE GYMNASTICS

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**Introduction:** Young female gymnastics are faced with an increased pressure for thinness, due to its influence on performance.

**Objectives:** To determinate the presence of eating disorders in rhythmic gymnastics (RG) and artistic gymnastics, (AG) and compare the nutritional intake in the competitive period in both disciplines.

**Methods:** Seventy-two Portuguese females from RG ( $n = 36$ ,  $11.6 \pm 3.0$  years,  $BMI = 17.1 \pm 2.2$  Kg/m<sup>2</sup>), and AG ( $n = 36$ ,  $9.7 \pm 2.1$  years,  $BMI = 16.9 \pm 2.4$  Kg/m<sup>2</sup>) were evaluated by the Eating Attitudes Test-26 (EAT-26) self-report questionnaire. The pairwise comparisons were tested by one-way ANOVA.

**Results:** Within 72 responses from EAT-26 nearly 11% and 10% intakes different food in the competitive period (for RG and AG respectively,  $p = 0.70$ ), and nearly 6% and 11% intakes different quantities of food (for RG and AG respectively,  $p = 0.40$ ), in the same period. In the previous day to competition nearly 14% intakes different food (both groups,  $p = 1.00$ ) and nearly 8% and 17% intakes different quantities of food (for RG and AG respectively,  $p = 0.43$ ). We also found significant differences between total EAT-26 score in the different disciplines ( $p < 0.001$ ).

**Conclusions:** Young female gymnastics has a predisposition to develop eating disorders and they do not change their diet in the competitive period neither at the previous day to the competition. There are different eating disorders between RG and AG, and therefore suboptimal nutrition status may affect gymnastic performance and physiological growth and development in young pre-adolescents females.

## RELATIONSHIP BETWEEN GENERALIZED CONTROL EXPECTATIONS AND PARENTAL FEEDING STYLE, IN A PORTUGUESE SAMPLE

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**Introduction:** The global increase of childhood obesity demands an extensive research which should include a broad range of factors

that might be associated with this increase. Given the influence that parents may have on their children feeding, parental feeding style and control expectations should be studied.

**Objectives:** The aim of this study is to explore how the parental feeding style correlates with generalized control expectations in a sample of Portuguese parents.

**Methods:** Overall, 314 Portuguese parents filled in the Parental Feeding Questionnaire (Wardle et al, 2002), the Generalized Control Expectations Scale (Silva, 2010) and a socio-demographic questionnaire. The sample was mostly collected in schools. A correlational analysis was performed.

**Results:** Weak correlations (although significant) were found between parental feeding style (PFS) and generalized control expectancies (GCE). For example, emotional feeding (PFS) was related with five dimensions of GCE: non-contingency ( $r = .256$ ;  $p < .001$ ), luck ( $r = .206$ ;  $p < .001$ ), self-efficacy ( $r = -.196$ ;  $p < .001$ ), success expectations ( $r = -.201$ ;  $p < .001$ ) and contingency ( $r = -.240$ ;  $p < .001$ ). Regarding the PFS questionnaire's subscale of encouragement, it was associated with several subscales of generalized control expectancies scale, namely, contingency ( $r = .246$ ;  $p < .001$ ) and non-contingency ( $r = -.213$ ;  $p < .001$ ).

**Conclusions:** This study emphasizes that there is a significant association between parents' feeding style and their control expectations, although it is a weak one. Research focusing the factors related with the way parents feed their children should be assessed in order to have a deeper understanding of childhood obesity.

## 9. HEALTH EDUCATION AND TEACHER TRAINING

### INTERPERSONAL DEVELOPMENT IN COLLEGE STUDENTS

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**Introduction:** One of the aims of our schools is to promote the development of interpersonal skills which will enable students to adjust to the different stages of life. The significant interpersonal experiences are essential to the students' social and psychological development.

**Objectives:** Assess the students' social and interpersonal dimensions and identify lacking areas in socialization.

**Methods:** Exploring - descriptive study in college students in Viseu. The psychometric test used for this purpose was the Socialization Battery (BAS-3), in a sample of 192 students.

**Results:** the average age was 19.24; 29.7% boys and 70.3% girls. In the subscale anxiety/shyness we have observed higher numbers in girls ( $p < 0.001$ ) and in the leadership subscale we have observed higher numbers in boys ( $p < 0.05$ ). Anxiety/shyness shows a negative correlation with age. We have found that high levels of anxiety/shyness and social withdrawal/inhibition interfere both with the consideration for the others and with leadership in a negative way. The correlations of the consideration for the others with leadership are positive and significant. The higher is the students' self-esteem, the higher are the numbers in the BAS-3 subscales that assess aspects which facilitate the interaction: consideration for the others; self-control in social relationships; leadership.

**Conclusions:** The results show that school objectives should be not only to promote the acquisition of knowledge, but also to promote high quality areas of interpersonal relationship focused on teaching practice which promote the personal development and the autonomous self-fulfillment of the student.

## DIABETES MELLITUS TYPE 2 AND HEALTH LITERACY: INDIVIDUAL VERSUS GROUP EDUCATION

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**Introduction:** Diabetes mellitus is a multiple etiological metabolic disorder affecting 12,7% of the population in Portugal. An adequate self-management will increase health benefits and prevent disease complications. Everyday self-care is influenced by health literacy and individual characteristics such as the sense of coherence. Health education plays an important role in improving literacy and empowerment, in order to promote an efficient disease self-management and the increment of comprehensibility, manageability and meaningfulness (sense of coherence dimensions). It is discussed, however, what kind of intervention gives the best results to improve this process: individual or group education.

**Objectives:** To assess health literacy competencies; to improve diabetes everyday self-care; to evaluate the trade-off between individual versus group intervention methodologies.

**Methods:** Intervention program with a convenience sample of type 2 diabetes patients. Individual intervention (n = 15) and group intervention (n = 15). Health literacy competencies assessment is implemented before and after the intervention by interview and questionnaires: HLS-EU-PT and “Escala de actividades de autocuidado com a diabetes”.

**Results:** Determine which intervention (individual or group) seems to have best results to increment health literacy and to improve self-care management, while several other personal characteristics are considered like the individual sense of coherence.

**Conclusions:** Health education improves the everyday care self-management with diabetes type 2, promoting well-being and best quality of life. At same time, there are health earnings and less risk of disease complications.

## THE IMPACT OF EDUCATIONAL PROGRAMS ON THE PREVENTION OF DIABETIC FOOT COMPLICATIONS: A SYSTEMATIC REVIEW

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**Introduction:** The tremendous increase in the prevalence of diabetes and its serious chronic illness repercussions has presently made a public health issue. It is estimated that it affects more than 300 million people worldwide (WHO, 2012). Diabetic foot ulcer is a complication with significant socio-economic impact. Studies indicate that 50% to 70% of non-traumatic amputations occur in diabetic patients. Current evidence demonstrates the potential of these patients to improve self-management and efficacy through their empowerment. (IDF, 2008)

**Objectives:** Highlight the effects of patient education in the prevention of diabetic foot complications.

**Methods:** Systematic review. Research conducted in April 2013 with the descriptors “diabetic foot” or “foot care” AND “patient education” AND “randomized controlled trial” in scientific databases: PubMed, EBSCOhost; RCAAP; SciELO, LILACS. Primary studies included were randomized controlled trials (RCT’s), published from 2005 to present.

**Results:** Seven RCT’s met the inclusion criteria, almost all studies used a small sample. Most articles focused on the effectiveness of educational group programs. In some studies, we’ve found that the interventions improved knowledge and behaviors in self-care and reduced rates of re-incidence and amputation, with a larger time span without ulceration, but with no statistical significance in most studies.

**Conclusions:** The patient education appears to have contributed to reduce long-term complications and improved self-foot care. However, methodological issues may have influenced the results. Authors also suggest that other factors such as individual experience and patient’s compliance to therapy must be taken into account.

## CONTRIBUTION OF HISTORY OF SCIENCE TO UNDERSTAND THE PROBLEMS OF PREGNANCY AND CHILDBIRTH

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**Introduction:** This work was performed under the course of History of Science, included in the syllabus of the courses in Teaching Education of UTAD - University of Trás-os-Montes e Alto Douro-Vila Real. The history of science can be used as a teaching device to improve understanding of the evolution of the problems related to pregnancy and childbirth. It is important to know the historical context and understand that there are many factors that have implications for the development of science and contribute to improving the health promotion in the context of training.

**Objectives:** Increase knowledge about the evolution of the problems of pregnancy and childbirth, reflect on the importance of the context political, social, economic and technological in the construction of scientific knowledge about pregnancy and childbirth. Reflect about the contribution of the History of Science on the problems of pregnancy and childbirth to improve scientific culture.

**Methods:** For this work we used methodology call Investigation-action. We apply a questionnaire at the beginning of training (pre-test), then we developed a seminar about the matter in study and after was again applied the same questionnaire (post-test). The sample contemplated 54 students in Course Teaching Education of UTAD.

**Results and conclusions:** The history of science should be an indispensable dimension in the education of young people. The results obtained in the post-test showed that there was an evolution of knowledge, helping improve aspects related to their scientific literacy.

## YOUNG POPULATION IN THE DISTRICT OF BRAGANÇA: CONCERNING DEMOGRAPHIC INDICATORS

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Portugal has a very high aging rate (19%). The number of the elderly is of 39 thousand, of which around 24 000 (63% of the total) live alone or with other elderly (INE; 2011). The proportion of old people living in the district of Bragança increases to 29%.

This district lengths 6608 Km<sup>2</sup> and has a population of 136,252, corresponding to a population density of 21 inhabitants per km<sup>2</sup>. To analyse this region's demographic indicators, according to the young population versus old population, is the aim of the present study.

**Methods:** Data were collected from the Instituto Nacional de Estatística (INE, 2011).

**Results:** Demographic indicators of northeast of Trás-os-Montes stress the large aging population. Natural growth rate is negative (-1.01%). The decline of birth rate (6 ‰) and the increasing of life expectancy (80 years), has as a consequence the double aging, that is, the decrease of the young and the increase of the elderly. In the district, the weight of the elderly is almost three times higher than the one of the young (10.8% vs 29%). The aging rate is about 227.5 and in more peripheral municipalities (Vinhais; Vimioso and Moncorvo) that rate is almost the double (423; 372 e 354,4 respectively). These municipalities indicate very concerning and progressive aging rates which can hardly be reversed. Dependency rate is about 55.3. The number of aged people living exclusively with people belonging to the same age group is, in this region, of 83.7%.

**Conclusions:** The demographic problem in the region which relies on a deep cleavage between a highly populated coastline and an interior increasingly desertified, heritage that insists in not being corrected, is a determinant reality not only of young people's future, but also of this social space and population.

## SEXUALITY AND GENDER IN THE TEACHER'S PERSPECTIVE: FROM THE CLASSROOM TO THE TEACHER TRAINING

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**Introduction:** The representations are forms of knowledge and communication that influences social practices, according to the Social Representations Theory.

**Objectives:** This study aimed to analyze the social representations of teachers on sexuality and gender.

**Methods:** For this purpose we used qualitative analysis based on focus group technique.

**Results:** The sample consisted of 22 teachers of preschool and elementary school students in the central region of the country, who attended the training course "Sex Education in School: methodologies approach/intervention" (50 hours). The collection of data took place between December 2011 and January 2012. We discern discomfort and difficulties in addressing these issues, being based on reducing representations of sexuality and sex education, ignorance of the concepts of sex and gender and the impact thereof on sexuality. Were revealing methodological difficulties and face approach to different audiences in these areas. Identified beliefs and myths related to sexual behavior in adolescence, as well as maintenance for most teachers, gender stereotypes because of characteristics socially assigned to men and women in the field of personal experiences and opinions.

**Conclusions:** Taking into account the results of the data from our study, we consider the construction of a relevant scenario formative and reflective representations, values and attitudes of teachers towards sexuality, gender and citizenship, while the main actors in the implementation of programs Sex Education and learning activities in this area.

## 10. ADULT HEALTH

### PSYCHOEDUCATIONAL PROGRAMME FOR INFORMAL CAREGIVERS OF OLDER PEOPLE "CARING AT HOME"

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**Introduction:** The psychoeducational programs are a specific intervention for informal caregivers (Ribeiro, 2007) and represent a good strategy of Health Education. This approach allows the informal caregiver to get information and also to acquire skills for care, which mainly benefit caregiver but also the care recipient.

**Objectives:** To show the impact of the psychoeducational programme "Caring at Home" implemented in the municipality of Guimarães for informal caregivers of older people.

**Methods:** This study comprises 63 informal caregivers. The assessment protocol includes a sociodemographic questionnaire (which includes information about caregiver such as gender, age, marital status, length of care; and information about care recipient as health status, age, gender), SF-12 Health Survey, General Health Questionnaire - GHQ-12, Positive Aspects of Caring - PAC and Caregiver Strain Index-modified - M-CSI. Data for scales were collected in different moments.

**Results:** Significant differences between moments were found in mental health, with improvements in overall scores from baseline to follow-up ( $p = 0.021$ ). Subjective health and depressive symptoms revealed important improvement from pre-test to post-test ( $p = 0.002$  for both). Feeling depressed and positive aspects of caregiving ( $p = 0.013$ ) worsened between post-test and follow-up 1.

**Conclusions:** The program seems to have a positive impact in some areas. Attention should be paid to the ending of this programs that can frustrate expectations and increment vulnerability of caregivers. Psychoeducational programs are also useful as a prevention tool and it would be good to test the effect of this approach with people in different conditions to understand its effects.

### PROMOTING ADULT HEALTHY STYLES: INTERVENTION EXPERIENCE IN LABOUR CONTEXT

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**Introduction:** Considering that health is also a result of behaviors and habits assumed the promotion of healthy lifestyles is emerging as a very important area of nursing intervention.

**Aims:** The project aimed to describe lifestyles and to implement measures that promote healthy behaviors in employees of a company.

**Methods:** For the diagnosis of the lifestyles a descriptive study was made with a random sample (69). We used the modified questionnaire "Lifestyle FANTASTIC" validated for the portuguese population ( $\alpha = 0.69$ ) by Añez, Reis e Petroski (2008). The intervention program was directed to the fields of nutrition and diet, physical activity and the use of harmful substances (alcohol, tobacco and drugs) by the evidence of modifiable EVs and risk factors for diseases with higher rates of morbidity and mortality.

**Results:** The participants, mostly male gender (67.2%), with a mean of a 43.9 years and a level of higher education (52.2%) showed a final score of very good (56.5%) and good (26.1%) as health behavior levels. In what concerns domain scores, they obtained lower mean values for physical activity (1.73), nutrition (2.52), type of behavior (2.50) and introspection (2.74). We conducted three thematic sessions of health education, in labour context, and a walk. The interventions were assessed as very suitable and appropriate (88.8%) for individual needs and for the labour context.

**Conclusions:** The results reinforce the importance of the integrated interventions in order to promote both the individual and collective health.

### TO DIAGNOSE FOR A BETTER INTERVENE: LIFESTYLES IN A LABOUR ENVIRONMENT

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**Introduction:** The lifestyles contribute directly to the health of individuals, and although influenced by cultural, economic, social and others, they are liable to control and change. To know the lifestyle is essential to support the implementation of nursing intervention programs, aimed to promote health, particularly in the working place.

**Objectives:** To describe the lifestyles of an hotel chain employees

**Methods:** For the health diagnosis it was proceeded to a descriptive study with a random and accidental sample (194). The evaluation includes sociodemographic questions and the application of modified scale "FANTASTIC Lifestyle" ( $\alpha = 0.69$  in version validated for the Portuguese population by Anez, Kings and Petroski, 2008).

**Results:** The participants, mostly female (59%), with a median age of 42 showed a final score that indicates health behaviors of very good level (50.5%) and good level (37.4%). As for the domains with less positive results we have the physical activity where 67.2% of the population claims to be moderately or vigorously active only three or less times per week, the nutrition where 64.1% mentioned that almost never, rarely or sometimes eats a diet, and ergonomics where 55.1% never, rarely or sometimes apply body positions appropriate to the task work.

**Conclusions:** Although the results show a lifestyle that provides proper influence or many health benefits, it also demonstrates the need to intervene in the physical activity, nutrition and ergonomics.

### FIBROMYALGIA, PERFECTIONISM AND REPETITIVE NEGATIVE THINKING

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**Introduction:** Fibromyalgia/FM is a potentially disabling medical syndrome, with high prevalence. Current therapeutic results are largely unsatisfactory. The evidence of high comorbidity with disorders such as Depression and Anxiety highlights the role of vulnerability to stress. This, together with personal clinical observations, led us to try and clarify the role of risk factors to stress vulnerability in FM, namely, Perfectionism/P and Repetitive Negative Thinking/RNT.

**Objectives:** To analyze the role of P and RNT in FM.

**Methods:** Three groups of women were recruited: 1-FM, n = 20; 2-Rheumatoid arthritis/RA, n = 24; 3-Healthy controls/HC, without

significant pain as defined by the LFES-SQ (White, et al 1999; n = 21). Mean age ( $46.6 \pm 12.2$ ) was not significantly different between groups. The participants filled out the Portuguese validated versions of self-report questionnaires to measure mood states, P, RNT (PTQ), illness impact (Fibromyalgia Impact Questionnaire-Revised/FIQ-R; Bennett 2009 – groups 2 and 3 filled out an adapted version to avoid specific reference to FM).

**Results:** FM had significantly different scores than RA and HC and the latter two could not be distinguished between themselves, for the majority of the variables. FM scored lower in Positive affect whilst in FIQ-R and its dimensions, PTQ and its sub-scales, P and Negative affect they scored higher than AR and HC. Linear Multiple Regression analysis revealed that both PTQ and the Group Variable were significant predictors of all outcomes (total FIQ-R and its dimensions). PTQ proved to be a partial mediator of all the outcomes. **Conclusions:** These results demonstrate the significant relationship between FM and RNT, and alert us to evaluate personality traits (P and RNT) in FM.

### EFFECTS OF A PSYCHOEDUCATIONAL INTERVENTION PROGRAM IN DEMENTIA CAREGIVER'S BURDEN: THE CARING FOR THE CAREGIVER PROJECT

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**Introduction:** Caregivers of patients with dementia can experience negative physical and mental consequences due to caregiving. Effectiveness of interventions designed to support caregivers are commonly measured by their effect on specific outcomes such as physical health and emotional well-being. Some literature reviews reported small but significant positive results of psychoeducational interventions across a range of outcomes, namely caregiver burden (Parker et al, 2008).

**Objectives:** This study aims to explore the effectiveness of a psychoeducational program designed for dementia caregivers within the community in reducing burden and psychological distress.

**Methods:** A total of 184 informal caregivers of persons with dementia taking part of a community intervention program were considered. The psychoeducational intervention consisted of 10 group sessions. Caregiver's burden and psychological distress were measured using the Modified Caregiver Strain Index (M-CSI) and the General Health Questionnaire (GHQ-12) respectively. A repeated measure design (baseline and postintervention) was used to evaluate the effectiveness of the program on these variables.

**Results:** Mean scores on the M-CSI decreased significantly ( $p < .05$ ) between baseline (12.09; SD = 5.69) and the end of the intervention (11.00; SD = 5.54). A significant improvement ( $p = .000$ ) in distress was also verified between baseline (4.02; SD = 3.40) and after the intervention (2.65; SD = 3.09).

**Conclusions:** Findings confirm that this psychoeducational intervention program has positive effects on burden and psychological distress for caregivers of people with dementia.

### HEALTH AND PHYSICAL ACTIVITY: THE EFFECT OF OUTDOOR PLAY ON CHILDREN'S MOTOR DEVELOPMENT

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**Introduction:** This literature review examines the link between outdoor activities and children healthy development and well-being. So far, only a few studies have directly examined the



influence of children's outdoor activities, physical exercise and motor development.

**State of the art:** Children are more and more growing up disconnected from nature and the outdoors; this is a worldwide phenomenon, occurring in industrialized nations in every setting and in all urban environments throughout the world. As we face contemporary health challenges, such as a growth in level of obesity and stress there is an emerging research and policy interest in the health and wellbeing outcomes associated with use of outdoor spaces.

**Theoretical and practical implication:** To summarize the body of research there is evidence to suggest that outdoor activities are beneficial for health. Time spent in outdoor settings, for example, is associated with adequate blood pressure and cholesterol levels; prevention of depression; it is also effective in tackling obesity, preventing osteoporosis; better motor development (strength, balance and coordination); development of children's understanding of risk; increase social interaction; better levels of cognitive functioning and developing creative play activities.

**Conclusions:** This literature review shows that there is general agreement about a positive relationship between outdoor activity and health, in particular there is a link between use of the outdoors and increased physical activity levels bringing also physiological benefits. Encouraging use of the outdoors for positive health benefits requires an understanding of the myriad of influences on children's and of the role of society for policy and interventions.

### SELF-CONCEPT AND ACUTE CORONARY SYNDROME – SOCIALDEMOGRAPHICS AND SOCIALFAMILIAR 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 ca exert influence on the individual contributing to a better and 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 correlationl-descriptive and transversal study im 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 avarage 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 sel-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 rehabilitationof persons with acute coronary syndrome.

## 11. ELDERLY HEALTH

### COGNITIVE DECLINE AND DEPRESSION ON INSTITUTIONALIZED AND NON-INSTITUTIONALIZED ELDERLY: CORRELATION POSSIBILITIES

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**Introduction:** Elders naturally and progressively, there is a decline of several functions. The appearance of depressive states, pointed as one of the risk factors for cognitive decline is common in this point of live.

**Objectives:** Check if there is a correlation between cognitive decline and depression on the elderly.

**Methods:** Participated in this research 48 elders, divided: 1. Institutionalized elderly, attendees of activities of the project MHA (Memory and Human Aging), at a LTIE (Long Time Institution for the Elderly); 2. And not participated of activities; 3. Non-institutionalized elderly attendees of Memory Workshops (MW) of UNATI (Open University Program for Senior Citizens) UNESP-Marília, SP. 4. Non-institutionalized elderly attendees of UNATI but not from MW. The dada concerning cognitive abilities and occurrence of depressive states were assessed through the following instruments: Mini-Mental State Exam, Beck's Depression Inventory, General Health Assessment Tool and Survey Sheet About the Subject.

**Results:** Given the total of subjects, 8.3% shown cognitive decline; 47.9% didn't shown indicatives of depression, 33.3% with mild depression, 4.2% for mild to moderate depression and 14.6% for moderate to severe depression. Less educated elders had shown greater cognitive decline and depression incidence. There weren't differences on scores of attendees of MHA project and the MW and those who don't attended. The results indicate that there is a correlation between cognitive decline and depression incidence.

**Conclusions:** The evaluation showed that the aging process affects negatively the cognition and with the increase of depressive episodes, could occur a decline in the cognitive capacity. The influence of MW and activities developed at the LTIE couldn't be verified is this sample.

### THERAPEUTIC ADHERENCE IN OLDER PEOPLE WITH CHRONIC ILLNESS: SYSTEMATIC REVIEW

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**Introduction:** Demographic trends have been characterized by an increase in the elderly age group. Due to physiological changes of aging and lifestyles adopted throughout the life cycle, older people are more prone for chronic illness and they are confronted with an often complex therapeutic regimen. Non-adherence contributes significantly to the increase in hospitalizations, institutionalization in nursing homes, increased morbidity and mortality, decreased quality of life and increased health costs.

**Objectives:** Framing the current state of knowledge, regarding therapeutic adherence in older people with chronic illness.

**Methods:** Systematic review. Electronic research in scientific databases: B-ON, LILACS, MEDLINE, CINAHL, SciELO, RCAAP.

**Descriptors:** “therapeutic adherence” or “compliance” AND “older people” AND “chronic illness”. Inclusion criteria: one of the descriptors in the title; articles relevant to the subject under study; original studies; without time limit. Exclusion criteria: academic references arising from first cycle studies. The method for analyze was PICOS.

**Results:** In the references consulted, prevailed, as methods of assessing adherence, self-report of the patient and the pill count. Factors predictive of non-adherence in the populations studied were: characteristics and complexity of the regimen, medication side effects, cognitive and motor function, socio-economic condition and intentional reduction of the medication regimen. Studies that contemplated nursing interventions had educational and/or behavioural components.

**Conclusions:** In all studies, non-adherence is a real problem. With regard to interventions for adherence to the therapeutic regimen, we consider that they should contain a number of components capable to produce favourable outcomes.

### EFFECT OF BALANCE TRAINING IN DECREASING THE NUMBER OF FALLS IN HEALTHY ELDERLY: A SYSTEMATIC REVIEW

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**Introduction:** Balance impairment and consequent falls are serious issues in the elderly, affecting 1:2 individuals at a national and worldwide scale. Physiotherapy plays an important role in reducing this issue through prevention and intervention strategies, allowing these individuals to restore their balance and return to their daily life.

**Objectives:** Assess the effect of balance training in decreasing the number of falls in healthy elderly.

**Methods:** Research on computerized database B-On with the keywords: Balance Training, Elderly, Functional Performance, Healthy, Non-institutionalized and logic operators (AND/OR) to identify randomized controlled trials published between 2003 and 2012. Including all the studies with elderly population who have fear of fall or experienced fall in the last year and excluding the ones where this lack of balance was associated to any kind of pathology capable of interfering with functional balance. After selection, studies were analyzed based on intervention methods, results and methodological quality through PEDro scale.

**Results:** This review included 6 studies involving 700 elderly with methodological classification ranging between 5 and 8 according to PEDro scale. From these studies 3 evaluated risk of fall, 1 take into account stability, 1 evaluated strength and reaction time and all referred balance assessment.

**Conclusions:** Evidence found in this systematic review suggests that balance training plays a fundamental role in reducing the number of falls and fall risk; decreasing sway and increasing gait control.

### THE FINITUDE AND AGEING: PERCEPTIONS OF ELDERLY

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**Introduction:** To live in an existentialist society, that overvalues the new and trivializes the memory, we need to rethink about the

aging process and redefine the concept of old age as synonymous with impotence and uselessness.

**Objectives:** To understand the social representations of elderly about finitude and ageing.

**Methods:** It was an exploratory study, based on social representations in accordance with Moscovici (1978) and Jodelet (2001). It was held in an institution long stay. Ten elderly participated in the focus group. They were attended the support group in the institution long stay. All participants were women. They were 69 years old on average, 70 percent retired, 40 percent married. The ethical principles were respected. The speeches were subjected to content analysis of Bardin (2006).

**Results:** The aging brought ambivalents implications about the finitude. The representations were built on three dimensions: physical-organic, psycho-affective and socio-relational. The undesirables limitations, this stage of life, were stereotyped in a loss of organic functionality, of work (retirement) and of significant people. The representations were anchored to the fear of death and to the nearness of death. The aging was also perceived as phase of realization of lifelong achievements that give them a sense of accomplishment.

**Conclusions:** The elderly lives anguished by the constant state of finitude that it is imposed on your life. The organicist view puts the elderly at the end of lifecycle. This complicates the process of reframing the way of being of the person. The aging is understood as a transition anchored on a scale of losses, accomplishment of their goals and few gains.

### SUBJECTIVE SLEEP COMPLAINTS AND PSYCHOLOGICAL DISTRESS AMONG OLDER COMMUNITY-DWELLING INDIVIDUALS

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**Introduction:** Sleep complaints, particularly self-reported insomnia, are common among older people. Disturbed sleep is related to poor health outcomes, including an increased risk of diseases and a variety of psychological negative symptoms.

**Objectives:** This study aims to determine the socio-demographic factors associated with subjective sleep complaints in a sample of community dwelling adults aged 65 years and over, and to determine the association between psychological distress and sleep complaints.

**Methods:** The sample comprises 991 individuals who reported on socio-demographic factors, on psychological distress (GHQ-12) and on sleep problems. The variable “sleep complaints” resulted from the combination of 2 questions (i) Have you had sleep problems in the last months, (ii) Do you take medication to sleep?

**Results:** Sleep problems were reported by 41% of the sample of which 53% reported taking medication to sleep. Women and those participants with psychological distress were more likely to present sleep problems; significant differences were found among those with sleep complaints and taking medication (26% for female and 10% for male; 14% for without psychological distress and 41% for with psychological distress;  $p < 0.001$  for both). No differences were found in sleep problems according to age groups and marital status.

**Conclusions:** The ageing process affects older people’s quality of sleep but the presence of psychological distress may increase the propensity of sleep problems. The promotion of healthy sleep is a challenge to professionals in practice.

## STUDY OF PHENOTYPIC FRAILITY AND HEALTH INDICATORS IN OLD PEOPLE

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**Introduction:** Fried et al (2001) model sustains the Phenotype of Frailty as a syndrome composed of five criteria: weight loss, endurance, physical activity, slowness and weakness. The elder is considered frail if he/she has an impairment compromise in three of these domains. It is known that this condition enhances the risk of disability and death (Strandberg et al, 2011).

**Objectives:** To identify health dimensions that are predictive or protective of frailty.

**Methods:** This study includes a representative sample, stratified by age group, of elders living in the community (n = 338). We developed a frailty protocol, which integrated the criteria of frailty and bio behavioural, geriatric, functionality, health and mental health self-perception indicators.

**Results:** From the analysis of logistic regression models we can see that from the bio behavioural variables, the low respiratory flow predicts the condition of frailty (OR = 3,3, 95% CI 1,9 to 6,0). Indicators of the presence of geriatric falls (OR = 3.3, 95% CI 1.5 to 5.6), changes in sensory processes, vision and hearing (OR = 2.1, 95% CI 1.2-3, 8, OR = 2.1, 95% CI 1.1 to 4.0 respectively) and the presence of at least one comorbidity (OR = 1.8, 95% CI 1.0-3.2) are predictors of frailty. Impairment in DLA potentiates frailty (OR = 2.1, 95% IC 1.2-3.5). The presence of depressive symptomatology (OR = 4.2, 95% IC 1.9-9.2) and cognitive deterioration (OR = 2.9, 95% IC 1.6-5.3) are equally predictive of this condition. On the other hand, a good health self-perception is protective of the condition of frailty (OR = 0.4, 95% IC 0.1-0.9).

**Conclusions:** Frailty can be predicted through a set of predisposing and protective factors related to the health of elders.

## 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.

**Objectives:** 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 was 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.

## CAN A SINGLE PHYSICAL EDUCATION CLASS ALTER CAPILLARY BLOOD GLUCOSE LEVELS IN MIDDLE SCHOOL STUDENTS?

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**Introduction:** Physical education classes are the only structured physical activity that most children and young have access during school years. To analyze physical education classes health benefits it is important to determine their physiological responses.

**Objectives:** To analyze the acute effects of a practical physical education class on capillary blood glucose levels in middle school students.

**Methods:** This was a crossover study design. Sixty-six healthy middle school students (36 boys and 30 girls; age 15.50 ± 0.83 years old; BMI 20.63 ± 2.76 kg/m<sup>2</sup>) underwent a practical physical education class and a control session, with one week apart, at the same time in the morning period and after a standardized breakfast. Capillary blood glucose levels were monitored before and after both experimental conditions. Practical physical education consisted in basketball training drills and small-sided and conditioned games, with 60 minutes duration. Control session consisted in a theoretical lecture about basketball.

**Results:** Two-way repeated measures ANOVA (time x condition) identified a significant interaction between blood glucose levels and condition (p = 0.002). Post-hoc analysis revealed significant differences on glucose levels after conditions (91.32 ± 1.70 mg/dl post-exercise vs. 83.24 ± 1.70 mg/dl in post-control, p = 0.001).

**Conclusions:** In comparison to a control session of rest, a single practical physical education class increases capillary blood glucose levels in middle school students.

## EXPLORING FUTURE TIME PERSPECTIVE AND HEALTH IN OLD PEOPLE

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**Introduction:** As chronological age progresses, a worsening in physical health and a decrease in the perceived time left in life (Future Time Perspective-FTP) are anticipated. Despite these expected outcomes, the subjective well-being seems to maintain or improve, the so-called “paradox of aging”. Socioemotional Selectivity Theory (SST) tries to explain these relations (Löcknhoff & Carstensen, 2004).

**Objectives:** To explore the relations between age, FTP, subjective and objectives health in people 65+.

**Methods:** 207 Portuguese 65+ (Mean = 77.17, sd = 7.53; female = 63.3%), living in the community or attending gerontological facilities filled the Future Time Perspective Scale-FTPS (Carstensen & Lang, 1996),

items on subjective and objectives (number of diagnoses) health. Associations between age, FTP and health were tested.

**Results:** The older people had a more limited FTP and worse subjective health. FTP enlarges with better subjective health. Number of diagnosis was negatively correlated with FTP and subjective health, but no relation was found with age. Considering multinomial logistic model for subjective health adjusted for age, sex and FTP, subjective health seems to be related with FTP and sex, but not age. As FTP increases one point, subjects have approximately twice more probability of having a self perceived health very good/good, comparing to people with self perceived health very bad/bad. An opposite relation was found for sex, with women having worse self perceived health.

**Conclusions:** FTP and health seems related. FTP is related with age, although age is not relevant for subjective health, when controlling for sex and FTP. This study stresses the relevance of exploring more deeply this relations and its implications according to SST.

### SUCCESSFUL AGEING IN PORTUGUESE OLDER PEOPLE

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**Introduction:** Successful ageing is defined as the ability to maintain 3 key characteristics: low probability of disease and disease-related disability, high cognitive and physical functional capacity, and active engagement with life (Rowe and Kahn, 1998). This definition includes biological, psychological and social aspects, contributing to confirm the multidimensional perspective of successful ageing.

**Objectives:** To estimate the prevalence of successful ageing in Portuguese older people (60+ years) living in the community.

**Methods:** We operationalized the definition of successful ageing proposed by Rowe and Kahn according to following criteria: 1) absence of major diseases; 2) absence of disabilities; 3) high physical functioning; 4) absence of cognitive impairment; 5) active participation. The questionnaire included these criteria and other sociodemographic variables in a sample of 1033 elders.

**Results:** Approximately 17% of the participants met all the criteria to be classified as successful ageing. Age and gender were associated with successful ageing, with a lower proportion of older people (> = 75 years) and women ageing successfully.

**Conclusions:** A small number of the elderly met the criteria of Rowe and Kahn definition of successful ageing, corroborating similar results found in other studies based on the same classification. Regardless of the fact that this classification excluded the majority of old people this can contribute to take protective action on behalf of those classified as 'normal' but that are at risk of suboptimal ageing. As disease and disability in old age can be prevented, and engagement with life promoted, to be able to distinguish successful from unsuccessful old people is very relevant to aging research and intervention.

### INFLUENCE OF NON-PHARMACOLOGICAL TREATMENT ON QUALITY OF LIFE OF HYPERTENSIVE PATIENTS

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**Background:** Cardiovascular diseases account for approximately 17.3 million people deaths worldwide, being fundamental to

eliminate risk factors such as hypertension, one of which has a higher prevalence in Portugal, cholesterol and glucose at high levels, smoking, inadequate intake of fruits and vegetables, overweight and physical inactivity (WHO, 2012). In cases of mild hypertension, non-pharmacological treatment should be the first therapeutic purposes, but the changes of styles health can influence the quality of life, interfering in health and in turn personal life.

**Objectives:** To determine the influence of non-pharmacological treatment (dietary pattern and physical activity) in the quality of life of hypertensive users.

**Methods:** In this quantitative research, descriptive, was obtained by a questionnaire, a sample of 431 hypertensive users (being 56.84% women, average age 66,97 years) of zone center of Portugal, who attended the consultations surveillance of hypertension. The data were processed and released on SPSSR version 20.0 statistical software for Windows.

**Results:** The t-test showed that dietary patterns influence only the somatic manifestations (p = 0.001) related to quality of life. However t-test and UMW test revealed that physical activity influence the quality of life of hypertensive clients on all items.

**Conclusions:** The quality of life of hypertensive users is influenced by socio demographics, for physical activity and dietary patterns affect the somatic manifestations. In turn the knowledge about the HTA influencing the dietary patterns.

### SEXUALITY IN OLD AGE HEALTH THE VIEW OF HEALTH PROFESSIONALS

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Contradicting the beliefs which, nowadays, still exist in our society, several investigators have documented the continuity of interest for sexual activity by the elderly, with diverse sexual manifestations, until advanced ages. However, a denial of sexuality in old age persists which causes severe difficulties to the elderly in order to satisfy their relationship needs. Health professionals and, in particular, the primary health care (PHC) providers have the duty of promoting and developing positive attitudes towards sexuality in old age and it is imperative that they recognize their competencies and limitations dealing with this issue. It was in this context that a quantitative study, with an exploratory and descriptive profile, was intended to identify PHC health professionals' knowledge and attitudes towards Elderly Sexuality. The study sample was composed by health professionals (doctors and nurses) performing their duties in 50% of the Health Centres in a Sub-Region of the country's Northern Health Zone and the data collection instrument was a personal questionnaire. The results obtained reveal that the PHC professionals display positive attitudes towards elderly sexuality, however, they do not have an acceptable level of knowledge in order to uphold a satisfactory performance in their activity of promoting and educating for sexual health before the elderly and the majority consider that the instruction they received about sexuality and, specifically, about sexuality in old age, during their degrees and post-graduation degrees, was insufficient and inadequate. It was concluded that only a small part of the professionals practise, within the scope of education for health, sexual education for the elderly.

## 12. FAMILY HEALTH

### PARENTAL STRESS AND CHILD ANXIETY IN PRESCHOOL CHILDREN: THE RELATIONSHIP WITH FAMILY STRUCTURE

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**Introduction:** Anxiety is currently one of the most common disorders in children (Beesdo, Knappe & Pine, 2009), and parental stress is pointed as one of the risk factors (Viaux-Savelon, Rabain, Aidane, Bonnet, Oca, Camon-Sénéchal, David, Couëtoux, Wendland, Gérardin, Mazet & Guedeny, 2010). Another factor that seems to be related to child anxiety and to parental stress is family structure (Williams & Compas, 1988; Bögels, 2006).

**Objectives:** The present study analyzed the relationship between parental stress and child anxiety regarding family structure (nuclear families or single parents).

**Methods:** The sample covered 137 individuals, males and females, parents of children attending pre-school educational establishments, from both genders, aged between 3 and 6 years. This is a correlational, transversal, descriptive and comparative study. The instruments used were a Social-Demographic Questionnaire (Paixão e Patrão, 2012), the Preschool Anxiety Scale (Spence, Rapee, McDonald & Ingram, 2001) and the Parental Stress Scale (Berry & Jones, 1995).

**Results:** Most of the parents presented medium levels of parental stress, and the children revealed anxiety levels above the average. The results showed a relationship between parental stress and child anxiety in preschoolers. Family structure was correlated only with child anxiety, namely, with anxiety of physical injury fears and generalized anxiety, in families where the father wasn't present.

**Conclusions:** The results reinforce the need of family intervention.

### CHILDREN'S FOOD SAFETY-MEALS CARRIED IN ELEMENTARY SCHOOLS AND KINDERGARTENS

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**Introduction:** Food safety is nowadays a crucial theme, related directly with society's modern life style. Statics point that around 90% of diseases which are caused by food contamination are provoked by microorganisms. These can be found in almost every food, but its contamination results, in the majority of cases, from the malpractice during cooking and distribution.

**Objectives:** The objectives of the present paper consisted in the impact assessment caused by the meal transportation in terms of preservation temperature levels and its microbiological contamination.

**Methods:** The sample was constituted by 51 canteens, from Elementary Schools and Kindergartens in the Center region of the Portuguese mainland, being the catering service provided by two different companies (A & B).

**Results:** Regarding the average temperature of the main dish, it was observed a statistically significant mean difference ( $p < 0.000$ ) in relationship to the reference value of  $65^{\circ}\text{C}$ , being registered a average temperature of  $58.45 \pm 7.57 (^{\circ}\text{C})$ . It was also observed the existence of a negative and statistically significant, correlation between the distance from the kitchen to the canteen and the preservation temperature from the main dish ( $p < 0.05$ ), as well as for the soup ( $p < 0.000$ ). It was noted, that the if the distance

between the kitchen and the canteen increases, the preservation temperature decreases.

**Conclusions:** It can be concluded that the transported storage food stayed under critical temperatures, therefore been recommended a decrease in the temperature during transportation or the proper inspection and maintenance of the equipment used for that purpose.

### SMOKING AND SIGNIFICANT OTHERS IN FEMALE ADOLESCENTS

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**Introduction:** Smoking in adolescence is positively associated with significant others' smoking, but the mechanism of this social influence remains unclear, as well as the reasons for higher prevalence rates of smoking among girls.

**Objectives:** To assess the relationship between gender-dependent psychosocial features and smoking in adolescence.

**Methods:** This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. The questionnaire includes items about smoking, personality, interactions with and attitudes to significant others (Sarov, 2010).

**Results:** We found that the heavy smoking (more than 10 cigarettes a day) girls, compared to non-smoking ones, are significantly ( $p < 0.05$ ) more critical and less respectfull to parents (especially fathers), feel more attached ( $p < 0.05$ ) to friends and boyfriends while having more frequently aggressive interactions with them ( $p < 0.05$ ). We found similar, but much less expressive differences in heavy smoking boys, compared to non-smoking ones.

**Conclusions:** The results enhance that heavy smoking in adolescence strongly associated with a process of children-parents distancing. Unsatisfied need for intimacy in parents-children relationships are more typical for heavy smoking adolescents and especially for girls. Due to lack of intimacy in family, girls seems to experience more emotional suffering and feel more helpless than boys, that makes them more dependent on adolescent culture. As smoking is inherent part of this culture and means for reducing emotional distress, we suggest that psychological and family counseling could decrease the heavy smoking among adolescents and especially among girls.

### PARENTAL MENTAL HEALTH: EFFECTS ON INFANT SOCIAL DEVELOPMENT

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**Introduction:** Children of parents with mental health problems are at higher risk of experiencing developmental difficulties.

**Objectives:** To determine whether there is a relation between parental psychopathological symptomatology and social withdrawal behavior of the child.

**Methods:** 64 fathers, 71 mothers and 71 children aged up to 24 months were evaluated. To evaluate the socio-demographic and clinical characteristics of the sample self-administered questionnaires were used, among them the Brief Symptom Inventory (BSI) (Canavaro, 1995) for parental psychopathological

symptomatology. The child social withdrawal behavior was assessed using the Alarm Distress Baby Scale (ADBB) (Figueiredo & Costa, 2008).

**Results:** There is a significant association between paternal and maternal psychopathological symptomatology and there is a significant association between parental psychopathological symptomatology and the child social withdrawal behavior. Younger children, with younger mothers, who are the couple's first child, who live with the father or with the mother only, who are premature and who have shorter breastfeeding have higher social withdrawal behavior.

**Conclusions:** The results show an association between parental psychopathological symptoms and the child social withdrawal behavior. Social support and co-parenting seem to play a mediating role in this association. Special attention to the social development of the child in the first months of life must be provided to single-parent families and to those with lower social support.

### REGULAR ALCOHOL CONSUMPTION AND FEMININE ROLE IN FEMALE ADOLESCENTS

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**Introduction:** In terms of gender roles hypothesis girls endorsing stereotypical female characteristics are likely to report reduced alcohol involvement (Ricciardelli et al, 2001) but what behavioral models follow the alcohol drinking girls?

**Objectives:** To investigate the gender-related behavioral characteristics in female adolescents with regular alcohol consumption.

**Methods:** This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. According self-reported alcohol consumption 159 non-drinking (NDG) and 54 regular drinking girls (RDG) were selected from the sample. The questionnaire includes personality assessments of self and significant others, interactions and attitudes and social relationships (Sarov, 2010).

**Results:** In comparison with NDG, RDG more frequently describe themselves ( $p < 0.05$ ), their friends ( $p < 0.01$ ) and boyfriends ( $p < 0.01$ ) as impulsive, pleasure oriented, and extravert. The RDG significantly more often described their mothers as depressive and emotionally unstable ( $p < 0.05$ ), uncertain and obeying ones ( $p < 0.01$ ) and relations with parents - as conflicting ones ( $p < 0.01$ ). Intimate and sexual interactions with boyfriends are more important for RDG than for NDG ( $p < 0.01$ ) but boyfriends of RDG more often are described as selfish ( $p < 0.05$ ) and controlling ( $p < 0.01$ ).

**Conclusions:** RDG seems to be more sexually and emotionally engaged in intimate relations than NDG. It seems that they do not follow the "stereotypical" female characteristics but adolescent behavioral culture. The gap between youth and stereotypical definitions of gender roles and the lack of credible role models in mothers seem responsible for a more impulsive vision of femininity, which probably includes alcohol consumption.

### THE PERCEPTION OF PARENTING SKILLS FOR PARENTS AND CHILDREN: DETERMINANT FACTORS

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The term parenting has evolved along with the studies in this field, and most of them aim to understand how children perceive their parents' parenting skills as well as the child's behaviour depending

on the style of education. To evaluate and analyse parenting it is also necessary to know the community, as we are aware of the influence of the environment on the behaviour and perception of ourselves and the people next to us. This study aims to understand which sociodemographic and behavioural factors might influence the performance of parenting skills. It is a descriptive-correlational study with a non-probabilistic sample, randomly chosen, with 62 parents, whose children are not only aged 6-11 years but also attending the primary school in the District of Leiria. The results show that parents believe they provide a high emotional support to their children, which is coincident with the children's opinion. It is also important to mention that whenever parents attempt to control or reject, their level of anxiety tends to increase, foreseeing a relationship between both variables. Another result presenting significant statistic relevance is the correlation between parents' perception of their parental competence and the number of children they have. Finally, it is worth mentioning that there are sociodemographic data that show a statistically significant correlation with parental competence, such as the monthly income of the household, the existence of siblings and the control subscale.

## 13. OTHERS

### FOOD INSECURITY IN FAMILIES BENEFICIATING FROM THE BOLSA FAMILIA PROGRAM, IN MUNICIPALITIES OF THE VALE JUIQUIRICA-BRAZIL

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**Introduction:** In Brazil, the Bolsa Familia Program (BFP) has been created in 2004. BFP is a program for direct transfer of income, aiming to alleviate poverty and reduce vulnerability of the poorest, including to Food Insecurity (FI). The creation of the Food Security and Local Development Consortiums - (CONSADs), a territorial configuration that involves a determined number of municipalities, had also the objectives of strengthening collective actions in various areas, focusing on Food Security (FS).

**Objectives:** To analyze the state of FS and its determinants among the families beneficiating from the BFP, in municipalities of the CONSAD Vale do Jiquiriçá, Bahia.

**Methods:** Cross-sectional study performed in 1,122 households receiving the Bolsa Familia, in eight municipalities of the CONSAD. In order to assess the state of FS, we applied the Brazilian Food Insecurity Scale-(EBIA). A socioeconomic questionnaire was used to analyze determinants.

**Results:** FI was observed in 79% of the households (33% in mild FI; 46% in moderate or severe FI), indicating a high vulnerability among families. Characteristics of the household head, such as female gender and low education level, contributed to FI. The monthly family income per capita appeared to be a limiting factor for accessing food. Basic sanitation indicators were linked with the occurrence of FI in households.

**Conclusions:** In the studied territory the BFP focuses adequately on families with high social vulnerability, and it is important enabling such families to access benefits other than their income, in order to fight against hunger and poverty.

### EDUCATION AND HEALTH IMPROVEMENTS: RURAL WORKERS FROM TOMATO FIELDS IN ITAPEVA, SÃO PAULO, BRAZIL

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**Introduction:** This short essay discusses in a bibliographic form the use of pesticides in growing tomatoes, considering a monoculture technique. The lands investigated are inside the region of Itapeva, Sao Paulo. Goal; Therefore, it is completely necessary to develop studies and researches considering this problem, able enough to provoke and encourage a strong vigilance about pesticides and its effects, as well as educative campaigns to help understanding of this enormous problem that affects the public health system.

**Methods:** To grow results, this model uses chemical additives, notwithstanding health damages in the population or groups of rural laborers and consumers. In addition, our point is the discussion of the main aspects involved by the use of pesticides on tomato fields, with a special emphasize to the laborers health in the region of Itapeva. This scientific achievement bases the research on print and broadcast media.

**Results:** This study hopes to build the problem's panorama, warning and getting the attention from the government, workers and syndicates focusing on impacts or its possibilities in the pesticides use in human health and nourishment.

**Conclusions:** Thus, we may conclude that the debate of education to promote the rural labors welfare is necessary and it does not be stationary only in education - we also must develop the workers education in the space between the lines of work processes that makes workers to submit themselves under financial determinations.

### CHILD AND YOUTH MISTREATMENT – EMERGENCY SERVICE PROFESSIONALS INTERVENTION

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The issue of mistreatment plays a fundamental character in the particular context of health and civil society in general, since it reflects a profound impact on the physical, cognitive, emotional, behavioral and social development of children / young people. The effects of this practice on a child/young people are so dramatic and intense, wich require a strong and emerging investment of health services, in the detection and timely intervention in these situations. In this sense, the objectives of this paper is to draw attention to the importance of the theme as well as uniformity procedures of the healthcare team, contributing to the standardization of interventions developed in this area, enhancing a effective resolution. Thus, due to the complexity of the issue, we consider relevant to state its definition, as well as provide a description of the main signs and symptoms associated with mistreatment, which may be viewed on the table depicted in the poster. Health professionals face identification or suspect of mistreatment should start a set of procedures in the flowchart depicted in the poster, to ensure the best care for the child/ young person. The prevention of situations of mistreatment is a responsibility of all of us as citizens and health professionals, so attitudes of inertia and ignorance may be colluding with dramatic cases, it is appropriate to reflect that in 2011, there were 876 children who 'accidentally fell' and in 2012 were 887.

### EXPERIENCES OF PARENTS OF INFANTS ADMITTED IN UNIT NEONATOLOGY: A PERSPECTIVE OF PARENTS AND HEALTH PROFESSIONALS

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**Introduction:** Parents feel needs, concerns and have difficulties and will giving meet them to health professionals in the context of Neonatology. Each case is different, every baby is a baby, every family is a family. But all have in common the fact that the clinical condition of the newborn involves his internment. The lives of parents are "broken" and this event gets often devastating characteristics for balanced and well-being, affecting their ability to assume the parental role.

**Objectives:** To identify the needs, problems and concerns of parents – in their own perspective (n = 20) and health professionals (n = 13).

**Methods:** An exploratory study, based on semi-structured interviews.

**Results:** We highlight the difficulties of parents regarding the separation of the baby and the high wear physical and psychological generated by the emotions associated with the severity of the situation. Financial difficulties, difficulties in dealing with the environment and procedures of the UN, and in taking care of the baby without help from professionals when it stood at home too. With regard to the needs, the information about the state of health of the baby to rest/ sleep and/ or stabilization of the baby's health so they can go home/ to "normal" life were prominent target. Regarding concerns, they appeared more often related to the health of the baby, and his future with the autonomous take care of the baby after discharge.

**Conclusions:** It appears the urgent need to (re)knowledge of parenting experiences in this context and the need to build more responses adjusted to their repertoire of experiences.

### EVALUATION OF EDUCATIONAL MATERIALS ABOUT SCHISTOSOMIASIS PRODUCED FOR MASS MEDIA CAMPAIGNS IN BRAZIL

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**Introduction:** Information about schistosomiasis, a disease of high prevalence in Brazil, are transmitted to the population by posters, leaflets and booklets distributed by the federal, state and municipal systems of health. These materials are known, by definition for establishing the truth, bringing something that should be followed.

**Objectives:** Analyze 52 materials on schistosomiasis collected in Municipal and State Health Secretariats across the country and the Brazilian Ministry of Health.

**Methods:** The materials were cataloged, numbered and analyzed with the aid of a script prepared by our group.

**Results:** From the materials analyzed 15 (29%) are brochures, 21 (40%) textbooks and 16 (31%) posters. It have been perceived inaccuracies and inadequacies, and the mollusk an intermediate host, incorrectly retracted in 29 (56%) materials with stereotypical images and/or caricatured images and in 39 (75%) the materials clams were out of scale. Stool examination as diagnosis was cited in 20 (38%) and 33 (64%) carried the correct graphical representation of adult worms. The biological cycle was absent in 16 (31%) and incorrect in 32 (62%) specimens. It is important to mention that

only 4 (8%) materials did not inform the risk activities and 69% brought more than one popular name for the disease. It is important to mention that many materials are faithful reproductions of each other, showing a lack of creativity and planning.

**Conclusions:** The study highlights the importance of creating an Evaluation Commission with qualified professionals to prepare materials in order to serving the public with correct information and nice layout.

## ORAL HEALTH STATUS IN PRESCHOOL CHILDREN

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**Introduction:** Oral health is a challenge to families and to health-care professionals and services. There are few studies about oral health status in preschool population and the oral health tends to be forgotten, remaining the belief that deciduous teeth are to be replaced. Tooth decay remains one of the most prevalent diseases but there is also the possibility of occurrence of dental trauma and malocclusion problems.

**Objectives:** To assess and to characterize oral health status of preschool children aged 3 to 5 years old, from Cascais.

**Methods:** This is a quantitative descriptive and exploratory study with a non-probability convenience sample of 131 preschoolers from kindergartens. The clinical observations were made in class, by an experienced medical dentist and according to WHO standards, after parents signed the authorization protocol and filled-out demographic questionnaire.

**Results:** Preliminary results of our study suggest that the appearance of untreated dental caries, malocclusion and dental trauma in preschool children is related with family social and economical levels, as well as dental treatments depend on family income ( $p < 0.05$ ).

**Conclusions:** The preschoolers' access to oral health services in Portugal is conditioned by the fact that most of the treatments is assured in private clinical context, which has several implications for prevention and early detection of dental problems.

## EVOLUTION OF MEDITERRANEAN ADEQUACY INDEX IN THE LAST FIVE DECADES

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**Introduction:** The Mediterranean diet has been pointed in epidemiologic studies as an important alimentar pattern with health benefits preventing cardiovascular diseases and promoting life expectancy (Trichopoulou, Bamia, & Trichopoulos, 2009).

**Objectives:** Examine changes in the Mediterranean Adequacy Index (MAI) in the last 5 decades in France, Greece, Italy, Portugal and Spain.

**Methods:** This is an exploratory study from 1961 to 2009 using the food balance of FAOSTAT data. Calculation of MAI was made by dividing the sum of the percentage of total energy from typical Mediterranean food groups by the sum of the percentage of total energy from non-typical Mediterranean food groups, according to Nicotera (1960). The reference values are low ( $\leq 3$ ), medium (4-7) and high ( $\geq 7$ ). Descriptive and inferential analysis (rho de Spearman) were conducted with  $p \leq .05$ .

**Results:** The values of MAI 1961-2009 among different groups were: portuguese 4.08-1.81; spanish 4.34-2.02; italian 3.11-1.8; greek

4.17-1.93 and french 1.37-1.16. These values reveal a transition 1961-2009 from medium to low level, not including French in this MAI pattern. Strong and positive correlations were found ( $p = .000$ ) between MAI of the different countries, except France. The negative correlations found in the evolution of the MAI showed a decrease of the Mediterranean adequacy diet (rho between  $-.812$  – Spain and  $-.966$  – Portugal,  $p \leq .01$ ).

**Conclusions:** The diet of these population groups has changed over the last 5 decades, progressively abandoning the nutritional characteristics of the Mediterranean diet. The results are consistent with the literature (Alberti-Fidanza & Fidanza, 2004) and suggest a necessity to promote specific strategies to modify the food habits and bringing them back to our roots.

## HEALTHY LIFESTYLES: WHAT DOES IT MEAN IN NURSING?

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**Introduction:** The healthy lifestyles, are increasingly a concern of every human being in search of more Health. However, in scientific circles, this concept is used in different contexts and with different meanings, so it is important to clarify it in the nursing field.

**Objectives:** To analyze the concept Healthy Lifestyles in the context of nursing.

**Methods:** Using a concept analysis, performed according to the traditional model of Walker and Avant (2005), which comprises eight steps: select the concept, defining the purpose of analysis, identifying the use of the concept, determine the defining attributes, develop model cases and other cases, identifying antecedents, consequents, and set empirical referents.

**Results:** Critical attributes of the concept Healthy Lifestyles were grouped in two categories: promotion of health and prevention of illness. The Health Promotion Lifestyle Profile II (HPLP-II) proved to assess a considerable number of attributes identified in this concept analysis.

**Conclusions:** This analysis provides the conceptual basis for the development of an operational definition. The concept of Healthy Lifestyles is often focused in specific attributes and is not used in its totality. Thereby, new directions of scientific research are emerging in Nursing envisaging an holistic intervention on the promotion of healthy lifestyles.

## CITIZEN SATISFACTION WITH NURSING CARE PROVIDED BY STUDENTS

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**Introduction:** Satisfaction with health care is defined as the difference between the expectations of the user in need of care and the perception of actually received care, which can be performed by nurses and students. We question: Is the satisfaction degree perceived differently?

**Objectives:** Identify the degree of satisfaction of citizens with nursing care provided by nurses, comparing with students.

**Methods:** This is a quantitative, descriptive, cross-sectional, and correlational study, with a non-probability convenience sample of 115 patients hospitalized in medicine and surgery services from a hospital in the central region of Portugal in 2011. The evaluation



protocol includes sociodemographic questionnaire, and the scale of citizen satisfaction with nursing care, (Rodrigues and Dias, 2003).

**Results:** The global scale score obtained on nurses was 254.5 (sd = 26.12, CV = 10.27%) (Max. 291; Min. 47), being the score of the experience dimension 173.92 (sd = 16.21, CV = 9.32%) (Max 196; Min. 28) and the opinion dimension 80.58 (sd = 12.32, CV = 15.29%) (Max. 95; Min.19). In the last one, the students have a higher average than nurses, with the score of 83.78 (sd = 10.29, CV = 12.28%) (t = -4.511, p = 0.000).

**Conclusions:** We infer that the presence of students in clinical training contributes not only to increased citizen satisfaction with nursing care, but also to an effective indicator of the quality of healthcare, with benefit to patients and health institutions.

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### ASSOCIATION BETWEEN PHYSICAL ACTIVITY, FITNESS AND CARDIOVASCULAR RISK FACTORS IN CHILDREN. SYSTEMATIC REVIEW

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**Introduction:** Many cross-sectional studies have tried to establish an association between physical activity (PA) and physical fitness (PF) and a select number of health-related outcomes. Some randomized controlled trials have tried to verify outcomes in body composition (BC) and other cardiovascular risk factors (CRF), according to the intervention programs leading to the increasing of PA and PF. Provided that metabolic syndrome concept was extended to childhood, this field has attracted many researchers, which has increased the scientific knowledge.

**Objectives:** Our purpose was to analyse, through a systematic review of the literature, the current knowledge regarding the influence of PA and PF on CRF in children and adolescents and the association between these variables.

**Methods:** A PICO (Population, Intervention, Control and Outcomes) strategy was used. Literature published between 25st January 2008 and 31st December 2011 was obtained through searching PubMed database. PA, PF, child\* and CRF were the keywords. The search was limited to English language papers in peer-reviewed journals.

**Results:** We identified 138 articles in which 12 were extracted. Data, covering a total of 7343 participants, report a positive association between PA, PF, BC and several CRF. Additionally, seems to be in childhood that variables like PA, PF and BC begin to influence the premature development of CRF. Studies specifically focused on relationships between PA, PF, BC and the CRF found independent associations among these variables.

**Conclusions:** In pediatric health, the assessment of many variables seems to be very crucial at baseline to allow effective longitudinal interventions in CRF. The independent associations are important for the design of multidisciplinary intervention programs.

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### PHYSICAL ACTIVITY PROMOTION IN CHILDREN AND ADOLESCENTS USING PEER SUPPORT: SYSTEMATIC REVIEW OF THE LITERATURE

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**Introduction:** Physical inactivity is the fourth leading risk factor for global mortality, notwithstanding the wide spread knowledge about the multiple health benefits associated with regular physical activity. Recent research seems to show that physical activity trials using peer support are effective in behavior change. Nevertheless, previous reviews on this issue have been essentially narratives.

**Objectives:** Analyze, through a systematic review of the literature, if interventions using peer support can increase physical activity and decrease sedentary behavior among children and adolescents (5-17 years).

**Methods:** In this systematic review, a PICO (Population, Intervention, Control and Outcomes) model strategy was used. Literature published between 1st January 2008 and 21st January 2012 was obtained through searching PubMed electronic database, according to previously defined inclusion criteria. All analogous keywords were placed to avoid selection bias.

**Results:** We identified 951 papers that related the four groups of keywords. 472 were excluded based on publication date and 471 were excluded, because titles and abstracts consulted did not fulfilled eligibility criteria. Eight randomized controlled trials were selected. Data, covering a total of 11,014 participants, shows that peers support appears to promote a decrease in sedentary activities and an increase in moderate and moderate-to-vigorous physical activity.

**Conclusions:** Peer support in children and adolescents seems to be an effective mediator for physical activity promotion and sedentary behavior reduction. Thus, the implementation of programs to encourage physical activity should consider including peer support. The information gathered will help pediatric health promotion through an evidence-based practice.

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### VOLUNTARY TERMINATION OF PREGNANCY DUE TO FETAL MALFORMATIONS: YES OR NO?

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**Introduction:** Pregnancy and maternity are unique experiences for the women and her partner, one of the most significant and remarkable events on a couple or family's life, that usually occur without any problems or concerns. However, in certain circumstances, that doesn't happen. The approach to the fetus was one of the most revolutionarie progresses of medicine, which allowed to observe, diagnose, reflect and decide about the secrecy of the maternal wound. The constant changes related with the legal and scientific level, enable that women and family have the decision to interrupt

the gestation when the fetal malformations are diagnosed, and if they are according to the law. This practice is not free of serious ethical questions, in which we can reflect.

**Methods:** This is a bibliographic research which supports the reflection of the decision about the voluntary termination of pregnancy due to fetal malformations in two clinical cases on the Cova da Beira Hospital Center, in 2011 and 2012.

**Results:** We seek to translate the experiences of these women faced with the termination of pregnancy and reveal the next ethical questions: The decision respected the dignity and rights of the embryo? Who took the decision over the life of the embryo? Was it allowed a free decision to the parents? Were the superior interests of the child reflected? How can they face all of this process of pain and sorrow?

**Conclusions:** According to the legislation in force and ethical principles, in both cases, was respected the willingness of the pregnant woman, after been given the clinical information, so that she has done her own assimilation process and a conscious choice.

### INDOOR AIR QUALITY AND RESPIRATORY SYMPTOMS IN COIMBRA SCHOOLS

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**Introduction:** Air pollution is a health problem with consequences in long term, responsible for respiratory diseases. Children are a vulnerable population because your immunologic system and your respiratory system are not fully developed when starting their exposure to air pollutants.

**Objectives:** This research presents a relationship between levels of air pollution and Spirometry performed by children of the first cycle of basic education in the municipality of Coimbra.

**Methods:** The study was an observational and analytical study with cross temporal approach. 157 children and 6 schools composed this study. The statistical treatment of data was possible using the software Statistical Package for Social Sciences (SPSS) version 19.0 for Windows. The interpretation of statistical tests was carried out using a significance level of  $p = 0.05$  and confidence interval of 95%.

**Results:** The mean concentrations of the pollutant CO<sub>2</sub> recorded in the sampled schools exceeded the maximum concentration of reference. It has been found that the school located in the industrial area had higher mean analytical concentrations of CO<sub>2</sub> and VOC pollutants. The symptom/disease with higher prevalence were sneezing crisis, followed by allergies and headaches. It has been found that the raising concentration of some pollutants was related with greater number of children with altered respiratory patterns, and symptoms/diseases.

**Conclusions:** It has been found that the raising concentration of some pollutants was related with greater number of children with altered respiratory patterns, and symptoms/diseases.

### WHAT IS THE RELATIONSHIP BETWEEN THE ANATOMICAL-PHYSIOLOGICAL CHANGES AND PHONOLOGICAL DISORDERS OCCURING IN SCHOOL AGE?

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**Introduction:** The phonological development begins in the earliest months, remaining until adolescence. However, all phonological

construction rules are acquired at mandatory school age, so that the acquisition of the written language isn't compromised. In order there to be a phonological disorder the child cannot suffer any oro-facial anatomic-physiological change.

**Objectives:** To determine the relationship between the existence of oro-facial anatomical-physiological changes, the occurrence of phonological processes and the type of phonological disorder; Check if there is a relationship between the type of phonological disorder and age, gender and educational attainment of the child.

**Methods:** 101 children from 7 to 10 years old and of both genders took part on this research. The PAOF was applied to all of them in order to analyse the existence or nonexistence of oro-facial anatomical-physiological changes. We then proceeded to evaluate the phonological processes with the TFF-ALPE.

**Results:** There aren't statistically significant differences between the presence of anatomical-physiological changes and the occurrence of the phonological processes. The children, who don't have phonological disorders, were on average younger, the differences aren't statistically significant. The male group showed higher averages of the disturbances' presence than the female group; the differences were not significant. The children who show no occurrence of phonological processes are on average older; this fact was not considered statistically significant. Educational attainment isn't related to the occurrence of processes.

**Conclusions:** The data show that the existence of anatomical-physiological changes does not influence the occurrence of phonological processes and the type of phonological disorder.

### HEALTH-RELATED BEHAVIORS OF BRAZILIAN IMMIGRANTS LIVING IN THE LISBON REGION

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**Introduction:** Portugal has received many immigrants since the 1960s. In 2011, the immigrant population was 436,822 persons and 111,445 of them were Brazilian. Health behaviors are important factors for the development of chronic non-communicable diseases, highly prevalent in the developed countries.

**Objectives:** To know and understand the immigration influences on health-related behaviors of Brazilian immigrants living in the Lisbon region.

**Methods:** This study is exploratory, descriptive and cross-sectional, with a random sample of 120 Brazilian immigrants (44.2% Male; 55.8% Female), aged between 19 and 64 (mean 30.8), residing in Portugal for more than a year, who agreed to be interviewed. The survey included socio-demographic, health and lifestyles aspects. Data analysis was done using descriptive statistics and the method of content analysis proposed by Bardin (1997).

**Results:** About 21.7% of interviewees are smokers (30.2% M; 14.9% F). This percentage was higher when subjects were living in Brazil (27.5% Total; 41.5% M; 16.4% F). About 83.3% consume any type of alcoholic beverages (92.5% M; 76.1% F), 34.2% drinks alcohol once a week and 6.7% do so daily. Beer is the most consumed alcoholic beverage. When living in Brazil 78.3% consumed alcoholic beverages (94.3% M; 65.7% F). About 37.5% of interviewees practice some physical activity (41.5% M; 34.3% F), while 61.7% practiced physical activity when living in Brazil (71.7% M; 53.7% F).

**Conclusions:** The results suggest an influence of immigration context in the adoption of healthy behaviors. We also observed changes in health-related behaviors such as the practice of physical activity. The immigrants should be included in health promotion campaigns to maintain and develop health lifestyles.

## EFFECT OF BOTULINUM TOXIN A IN NEUROGENIC DETRUSOR AND BLADDER OVERACTIVITY: A SYSTEMATIC REVIEW

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**Introduction:** The botulin toxin type A (BTA) injected in the bladder wall emerged as an effective treatment for intractable overactive bladder syndrome of neurogenic origin (Kalsi, et al, 2006).

**Objectives:** Evaluate the effect of BTA injections in reducing neurogenic detrusor and bladder overactivity.

**Methods:** Research on computerized databases Pubmed/Medline and B-On to identify studies that assessed the effect of the BTA in neurogenic detrusor and bladder overactivity, published between 2000 and 2013. The key-words used were: Urinary bladder, neurogenic and botulin toxin A, with the logic operator (AND). The inclusion criteria were all adult human (+18y) studies written in the English language. After selection, studies were analyzed based on intervention methods, results and methodological quality through PEDro scale.

**Results:** This review included 17 studies evaluating the effect of BTA, involving 652 individuals with mean methodological classification 3 according to PEDro scale. The amount of Botox injected was mostly 300U, usually as 30 injections of 10U/ml in the bladder. Most of the studies reported improvements in urodynamic variables and quality of life.

**Conclusions:** From this systematic review can be concluded that BTA is clinically significant effective in reducing neurogenic detrusor and bladder overactivity. However, it still exists a low number of randomized controlled trials that assesses the ideal dose, the number and local of the injection, the effect duration and time needed to replicate the injection.

## PREVALENCE OF RISK FACTORS OF URBAN AND RURAL YOUNG PEOPLE OF THE ALTAI REGION

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**Aim:** to examine risk factors among young people living in urban or rural, who are screened at the Health Center.

**Methods:** We examined 1420 people aged 15-29 years (21.1 ± 0.01): 61% women (21.5 ± 0.1), 39% men (20.8 ± 0.1), students - 73% (19.4 ± 0.08), workers 11% (25.7 ± 0.1) of urban and rural residents 62.7 (21.7 ± 0.1) and 37.3% (19.8 ± 0.1). Evaluated the level of blood pressure (BP), body mass index (BMI), waist circumference (WC), total cholesterol (TC) and glucose, family history, ankle-arm index. All respondents were divided by age into 2 groups of 15-20 years 56% (18.2 ± 0.04) and 21-29 years 44% (24.6 ± 0.1). Men of the city and village 15-20 years olds were 39% (17.9 ± 0.1) and 41% (18.2 ± 0.07), 21-29 years - 12% (23.3 ± 0.3) and 7% (22.8 ± 0.3). Women of the city and village in the group of 15-20 years were 38% (17.9 ± 0.1) and 34% (18.6 ± 0.07), 21-29 years - 19% (23.4 ± 0.2) and 9% (22.4 ± 0.2).

**Results:** The frequency of individuals with AG - 1%, preclinical sign of atherosclerosis - 2.3%, 7.3% - abdominal obesity, elevated BMI - 13.4%, 13.5% - hypercholesterolemia, 15% - hyperglycemia, 25% - smoking status, 36% - family history. Gender differences among urban and rural youth, early signs of atherosclerosis have been identified. AO in women met 3 times more likely (74 and 25%, respectively, p = 0.000), compared to men, the age of urban

women was more than 2.5 years (p = 0.019) compared with the villagers. Overweighted women are more prone than men (59% and 41%, respectively, p = 0.013). The average age of rural women with overweight was lower by 3.01, compared with urban (p = 0.000). In the group of 15-20 years BMI in urban men was 1.76 (kg/m<sup>2</sup>) than in rural areas (p = 0.002). In men the mean values of BMI, in the city, in the group of 15-20 years were more at (0.76 kg/m<sup>2</sup> (p = 0.034)) compared with the group of 21-29 years, and less for rural men (1.24 kg/m<sup>2</sup> (p = 0.013)). In the group of 21-29 year with hypercholesterolemia, obesity and AO urban women were met more often in 3.4, 3.7 and 4.4 times (p < 0.05)), compared to rural. High cholesterol in women was 3 times higher than in men (p = 0.000). Hyperglycemia occurred 2 years earlier in men than in women (p = 0.003), while the rural population it was revealed at a younger age (p < 0.05). Smoking index of urban men was greater by 2.27 pack/years compared to rural (p = 0.004). The number of smokers in the city girls 3 times more than rural areas (30 and 10%, respectively, p = 0.000).

**Conclusions:** The highest frequency of risk factors is for smoking. Obesity, abdominal obesity, high cholesterol occurs 3 times more often in women than in men. Hyperglycemia occurs at a younger age in men and women of the village. Smoking history of men and women smokers living in the city, more than the villagers.

## THE PREVALENCE OF SMOKING IN YOUNG PEOPLE ACCORDING TO THEIR RESIDENCE AND SOCIAL STATUS IN THE ALTAI REGION (20 YEAR FOLLOW-UP)

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**Aim:** The aim was to study the dynamics of the frequency of smoking among urban and rural youth in 20 years specific to the agricultural region.

**Methods:** The survey consisted of two stages: I stage-survey of 733 rural students 15-18 years old in 1988 and 453 in 1998. Among the respondents, proportion of boys was respectively 68.8 and 70.3%, women- 31.2 and 29.7%. Stage II-800 and 1420 individuals aged 15-29 years living in urban and rural areas and screened in 2 health centers (63.5% women, 36.5% men) for 2011, the average age - 21.06 ± 0.01 years (women 21.54 ± 0.13; men 20.28 ± 0.14) urban and rural population (62.7 and 37.3%, respectively).

**Results:** in 1988, 36% of smokers of rural men (m) 1998 were 44% and in 2011- 71% (p < 0,001) (increase in 20 years in 2 times), rural women (g) 14-21-38% (up 2.7 times) (p < 0,001). The incidence of smoking among rural and urban youth in men of the village 71% of 62% women 27% and 41%. Smoking, depending on the social status were distributed as follows: 60% m working, students - 57% x 23% working, 39% of students are women, ie 1.7 times more likely (p < 0.01). Medical students smoke less than other students (57% and 22.2 m and 39 and 10.1% w) (p < 0.001). According to the results of "Smokelyzer" CO<sub>2</sub> content (over 11%) in the exhaled air was the greatest in men of the village and describes them as heavy smokers (60 or 25%), which is 2.5 times higher than in urban areas. Passive and / or light smokers (SD 10.7%) are more men in the city. Smoking index of urban men was greater by 2.27 pack/years compared to rural (p = 0.004).

**Conclusions:** Over 20 years among young people of rural residents increased smoking among women is 2.7 times, men in 2 times. Heavy smokers among men (more than 11% CO) 2-fold greater in rural areas. Passive and / or light smokers (SD 10.7%) are more men in the city. Medical students smoke much less than other students.

## THE USE OF MEDIATED PRACTICES IN NATURAL CONTEXTS BY LOCAL INTERVENTION TEAMS' PROFESSIONALS IN NORTHERN PORTUGAL

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**Introduction:** The community and the environment are sources of learning and experiences opportunities. The child's participation in social and non-social activities strengthens competences and promotes new skills; these constitute contexts for learning and development (Dunst, 2001). With the recent constitution of the Local Intervention Teams (LIT) as a result of a legislative shift in Early Intervention, it is this study's purpose to evaluate current practices, in order to implement effective practices.

**Objectives:** This paper's aim is show specifically how the professionals in Northern Portugal LIT take advantage and use natural contexts in order to plan and promote children's learning and development, therefore empowering their families. We will focus on the aspects that show the importance of support provided to the families by the professionals during intervention.

**Methods:** This paper is part of a master's degree dissertation and has a quantitative methodology at its core. Each LIT professional was asked to respond individually to the Early Childhood Intervention Competency Checklists (Roper & Dunst, 2006) according to their practice with families they support in the LIT.

**Results:** This study shows that professionals have a greater tendency to use family-centered approach and parental supports. The use of a child's daily learning opportunities and the family and community's resources are the least used practices.

**Conclusions:** Professionals use a family-centered approach, with the parents now being more involved in the intervention. There is still little strengthening of the family social support networks and an insufficient use of the children/family's daily activities with negative results when it comes to the use of the children's learning opportunities.

## CHEST PAIN IN PEDIATRICS – CASE REPORT AND LITERATURE REVIEW

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**Background:** Chest Pain (CP) is a cause of increasing recurrence to pediatric urgency (PU) (0.6%). Most of cases are idiopathic (33%) or due to musculoskeletal causes (30%), with benign and self-limited course. However, it is necessary to exclude other organic causes such as respiratory (12-21%), digestive (4-7%) and cardiac (5%) causes. We present a clinical case of CP due to a rare disease in this age group, which requires a high index of suspicion.

**Clinical case:** Adolescent female, 16 years old, appealed to the PU complaining of toracalgia in the lower right hemithorax with 11 days of evolution with progressive worsening symptoms, and recent dyspnea. No other associated symptoms, including cough, fever or abdominal pain. On admission she presented respiratory distress signs and decreased breath sounds at right lung base were present, with exacerbating toracalgia with inspiration and supine position. Personal history of recent motorcycle crash, smoking habits (one pack/day) and taking of oral contraceptives. It was performed a chest radiography showing condensation of the right lung base and Damoiseau sign. She was hospitalized on intravenous

antibiotics. However, the toracalgia and dyspnea worsened, and taking into account the background, it was hypothesized for pulmonary thromboembolism (PTE). The analytical study showed elevation of D-dimers and Angio-CT scan confirmed the diagnosis. **Conclusions:** PTE is a rare cause of pediatric CP, and a high index of suspicion is necessary for a correct diagnosis, with recovery of accompanying risk factors. In this case, the risk factors were: recent trauma, smoking and the taking of oral contraceptives.

## ASSOCIATION BETWEEN SMOKING AND PSYCHOSOCIAL FEATURES IN FEMALE ADOLESCENTS

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**Introduction:** Risky behavior has no biological but very strong psychological sense. Adolescence is a period of life in which an identity crisis occurs, as well as risk behaviors initiation and intensification.

**Objectives:** What is the relationship between psychic life and risky behaviors in female adolescents.

**Methods:** This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. The questionnaire includes self-description of risky behavior, behavioral and communicative deficits, personal ambitions and family setting (Sarov, 2010).

**Results:** We found that girls experience significantly more dramatic adolescence than boys, which is associated with significantly increased heavy smoking (more than 10 cigarettes a day) ( $p < 0.05$ ). Compared to boys, girls reported: 1. significantly more ( $p < 0.001$ ) depression, low self-confidence, impulsivity, fluctuating moods and desires, etc.; 2. significantly higher ( $p < 0.001$ ) need for and dissatisfaction from communication with significant others; 3. significantly worse relationships between parents ( $p < 0.05$ ); 4. significantly higher need for psychological counseling ( $p < 0.001$ ). In addition, heavy smoking girls compared to non-smoking ones reported significantly more irrational behavioral strategies: irritability ( $p < 0.001$ ), disorganization ( $p < 0.01$ ), injustice ( $p < 0.05$ ), ect. and significantly less - rational strategies: vitality and self-improvement ( $p < 0.05$ ).

**Conclusions:** The results enhance the need for psychological counseling of the girls in secondary schools in order to help them in identity crisis rationalization, which might decrease emotional distress and, possibly, the need of heavy smoking.

## HEALTH BEHAVIORS OF CHILDREN: FROM DIAGNOSIS TO INTERVENTION

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**Introduction:** The national plan for 2012-2016 refers us to a priority objective: promote favorable health contexts throughout the life cycle, being the school environment a reference point to provide acquisition and promotion of healthy behaviors (WHO). **Objectives:** To diagnose the health behaviors of children in their school environment.

**Methods:** A descriptive study was carried out in children from a school in the RAM attending on 5th and 6th school years. It was used a questionnaire adapted from the "Health behavior in school-aged children (WHO). The population was 270 students.

**Results:** Most children are female (53%). In what concerns the oral hygiene, 30% of them do not brush their teeth or only brush them from time to time; 42% only changes the toothbrush when it is very

much used, 52% do not use dental floss and 38% is followed by oral health consultation sometimes or never. As regards the feeding, 17% of the children does not take snack or only takes it sometimes, 35.3% drink soft drinks once or several times a day, 27.1% rarely or never eats raw vegetables, 22.2% rarely or never eats cooked vegetables, 28.1% does not eat fruit daily, 42% do not eat meat, fish or eggs daily and 58.5% does not consume legumes, 31.4% daily consumes one or several times a day goodies and 25.6% consumes pastry one or several times a day, 25.1% consume fried and salted food once or several times a day, 23.6% consume coffee once or several times a day. As for the sports 29.8% do not practice out of the school. In leisure-time 10.6% spends more than 5 hours a day watching television; 23.5% plays electronic games during two or more hours a day.

**Conclusions:** The results reflect the need of intervention in several areas and there is a project being elaborated.

### LIFESTYLE WORKSHOP: A TOOL FOR RISE AWARENESS ABOUT RISK BEHAVIORS. PRELIMINARY DATA FROM A SPANISH-LUSO STUDY

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**Introduction:** In this paper we present data from an activity (lifestyle workshop) conducted in School of Health, University of Algarve (Portugal), replicating and comparing with a previously performed at the University of Huelva (Spain). The activity consisted of two parts: first an expert lectured on lifestyle and health, referring to key health behaviors and risk, their effect on health, the factors that define the establishment, maintenance and the possibilities of change. Subsequently, a workshop in which the students worked with the “practices and beliefs questionnaire on lifestyles” (CEVJU-Arrivillaga, Salazar and Gomez, 2002), completing and analyzing it, considering the needs of fitting interventions. **Objectives:** The aim is to verify if students are able to identify their own habits, health behaviors and risk behaviors and to assess their intention to participate in health promotion or prevention of risk after the completion of the activity.

**Methods:** For information relating to our objectives, we had a questionnaire, made for the purpose, before starting the activity and after. We used also the practices and beliefs questionnaire on lifestyles (CEVJU). We had 120 participants, Portuguese and Spanish students.

**Results:** The data obtained both in Spain and in Portugal, show that students after the activity have a greater knowledge of their health and risk behaviors. Furthermore, we found that with respect to the initial assessment at the end of the activity they'll be more willing to participate in programs of health promotion or disease prevention.

**Conclusions:** We can state that the information and awareness activities can be an important strategy in the motivation for change risk behaviors.

### PREVALENCE RATE, CAUSES AND CHARACTERISTIC OF VIOLENCE AMONG YOUNG PEOPLE IN A SCHOOL ENVIRONMENT

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**Introduction:** Long and Brendtro (1993, p.3) define “aggression as a spontaneous, impulsive act of anger. Aggression is observable

behavior which can depreciate, threaten, or hurt a person or destroy an object”.

**Objectives:** To determine the prevalence rate, the causes and characteristic of violence among young people between 12 and 18 years old in a school environment.

**Methods:** It was conducted a quantity study, attended by 310 students from 3 Schools in Leiria' district (centre of Portugal) selected by non-probabilistic convenience technique, who filled a questionnaire composed of: socio-demographic and family data and variables related to aggressive behaviour. This questionnaire was applied after the authorization of the Ministry of Education, institution and children/teenagers parents.

**Results and conclusions:** The participants of the study were between 12 and 18 years old. The mean age is 13.7 years (SD = 1.4) and 52,7% are male. 61.8% of teenagers assume that they have violent behaviours, mainly against people (91.2%) and 50.0% against objects and 19,1% have violence behaviours against himself. As to the prevalence rate of violent behaviours, boys registered a higher rate than girls but these differences were not significant statistically ( $p > 0.05$ ). 38.9% of student have been victim of physical or verbal violence in school. Live in a neighbourhood area with a lot of violence (60.1%) and the influence of friends and peers (41.8%) were considered as major causes of school violence. 76.1%, believes that people who are aggressive can change. The results imply that the adolescents need Knowledge and skills to cope with aggressive behaviours so we need to improve preventing programs of aggressive behaviours.

### INTERFACES AND PARADOXICAL PRACTICES OF CONTINUED HEALTH CARE: RETHINKING SPEECHES, DEMEDICALIZING INTERVENTIONS

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**Introduction:** The reflexive theorising on the production of continued integrated health care (C.I.H.C) endorses, increasingly, the need to dissociate this care from a medicalized intervention, calling for an improvement of holistic practices and a non standardized care provision, relying its assumptions on the humanization of health care, skills recycling and on the redefinition of health care production (Randall, R. Downie, 1996; Davies, E. & Higginson, I. 2004).

**Objectives:** Based on new theoretical directions and emerging concepts, such as “negotiated partnerships” (Hancock, 2000) and “hospice philosophy” (Saunders C, 1988), to understand how the interface between models and practices of health professionals towards the production of CIHC is processed in the intervention locus.

**Methods:** Use of a qualitative methodology, with application of 20 semi-structured interviews to team professionals, users and caretakers, as well as an observational analysis of 30 home visits.

**Results:** In the interventional practice, the production of CIHC doesn't adopt the holistic paradigm and focus its assistance on a typically biomedical, curative and assistentialist model, dominated by the standardization and a hierarchical system of care in which it is possible to draw a standard model of intervention of each health professional based on the adopted posture, care provision and language.

**Conclusions:** The medicalization of C.I.H.C. converts social problems into medical ones, assigning each one the diagnosis of all. To foster negotiation models of performance between patients and health professionals allows the emergence of demedicalized intervention models. The dissemination of these new models becomes a changing engine towards personal enhancement and the promotion of well-being.

### (DIS)CONTINUITY OF PERCEIVED PARENTAL REARING STYLES: A THREE GENERATION STUDY

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**Introduction:** Continuity of perceived parental styles has been demonstrated, mostly in studies with two generation samples.

**Objectives:** The main aim of this study is to analyze the (dis)continuity of perceived parental rearing styles with a three generation sample.

**Methods:** A convenience sample of 143 participants was collected, belonging to a female lineage subsystem, divided in three generations (G1/grandmother, n = 41, mean age = 74.8; SD = 6.26; G2/mother, n = 41; mean age = 42.4; SD = 5.61; G3/daughter, n = 41 mean age = 22.3; SD = 4.50). All the participants completed a socio-demographic questionnaire and the EMBU Inventory - My Memories of Upbringing (Perris, Jacobsson, Lindstrom, von Knorring & Perris, 1980; Canavarro, 1996). SPSS 19.0 was used for statistical analysis.

**Results:** Medians from the EMBU Inventory dimensions show that G3 perceives more Emotional Warmth and less Overprotection and Rejection than G2 and G1. Mann-Whitney U test revealed significant differences between G2 and G3 and between G1 and G3 on the Emotional Warmth dimension, regarding mother and father, suggesting intergenerational discontinuity. The other comparisons between generations revealed no significant differences, pointing to continuity of perceived Overprotection and Rejection throughout the generations.

**Conclusions:** The continuity of perceived parental rearing styles hypothesis was partially confirmed. However, the results point to discontinuity on the Emotional Warmth dimension between the younger (G3) and the older generations (G1 and G2). Further studies are needed to elucidate these results. Authors suggest that they might be due to socio-cultural changes, occurring in the last century that influenced the way parents educate their children, giving them more support and approval.

### NEW STRATEGIES FOR THE DEPENDENT PATIENT CARE: FOREIGN CARE AT HOME

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**Introduction:** Coping with a chronic disease and being dependent of others are a very complex activity that is most in need of care than any other intervention. Care that are made mainly by family caregivers, with different profiles with one common denominator: feminine and singular. Families that have a dependent patient, delegate the most of the care in a person that besides this responsibility has others as well some paid work. The increasing participation of women in the labor market endangered this kind of care, thereby increasing the need for labor in this sector, turning the family care in a paid work done for someone without kinship. This labor is regarded as hard work, with long working hours and low wages, mostly done by the immigrant population. This population is an important focus for health education, always from a perspective

of transcultural care. Project funded - 0117/06 of the Ministry of Health.

**Objectives:** Understand the strategies adopted by the caregivers to do the daily work, based on the perspective obtained from their own culture.

**Methods:** Descriptive, qualitative and phenomenological. Biographical method: Life Stories. Selection was made on the criterion of saturation of discourse. Content analysis was based on the sequence of Taylor and Bogdan. We interviewed 30 foreign caregivers.

**Results:** The strategies developed by foreign caregivers tend to have in common the logic of social networks both for work distribution and for the knowledge transmission.

**Conclusions:** Health education directed to the foreign caregivers must be culturally competent, taking into account cultural awareness and the cultural sensitivity of the nurse/health professional and the caregiver.

### THE VALUES OF PATIENTS, PROFESSIONALS AND THE INSTITUTION, ARE THE SAME?

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**Introduction:** The identification of the values of individuals and institutions help in an increasingly fierce competition in health services. Cultural values are the foundation of those who represent what is implicitly or explicitly shared, about what is good is proper or desirable in a variety of social situations.

**Objectives:** The authors want to know the values of clients, staff and a hemodialysis institution providing care. For that formulated the following research questions. The different hierarchies of values are reflected in the number of years in which users perform dialysis. The professional categories of employees originate from different levels of values. Personal data are reflected in different hierarchies of values.

**Methods:** The study was conducted in a hemodialysis clinic in the north, where through the application of Inventory Schwartz Value (IVS).

**Results:** The main results of this study show that the number of years on dialysis, occupational categories and the personal influence the hierarchy of values. With regard to values, such as most important were: conformity, benevolence and security. On the other hand appear less important the power and stimulation. The dimensions most important to patients are: success, security, tradition and conformity. In all other dimensions higher averages were favorable to employees, with emphasis on the benevolence dimension with the highest value.

**Conclusions:** We note that the evaluation of the relationship of personal values with business is a complex process, either by the variety of factors that impact on it, either by the inherent subjectivity of each individual. These data allow the company to better understand their employees and clients and adapt to your expectations, bringing its corporate values.

### SATISFACTION OF PATIENTS WITH THE PAIN TREATMENT

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**Introduction:** Pain is a complex phenomenon and encompasses multiple dimensions. It is thus a symptom that comes on a cross

most of the pathological conditions that require health care, is a strong indicator of the quality of health services, allowing response the needs of patients and identify opportunities for improving the effectiveness and quality care.

**Objectives:** Identify the variables socio-demographic and clinical that most influence the satisfaction of patients with the treatment of pain.

**Methods:** This research represents a quantitative and cross study, also descriptive and correlational. We based in non-probabilistic sample, consisting of 144 individuals, with a diagnosis of acute and chronic pain, from the central and southern regions of Portugal. The data collection instrument was a form of socio-demographic and clinical characteristics and the Pain Treatment Satisfaction Scale.

**Results:** Analyzing the results, we conclude that there is no significant effect between the variable Pain Treatment Satisfaction and the variables: place of residence; rehabilitation program; religion and sex. Furthermore, we noted the existence of a statistically significant effect between satisfaction with treatment of pain, and the variables: age, employment status (except the subscale "Characteristics of medication ( $p = 0,240$ )); monthly income (in size, "Medical Care" ( $p = 0.013$ )); state civil (in size "Medical Care" ( $p = 0.019$ )); type of pain.

**Conclusions:** This study adds a new dimension to the monitoring of the Patient's Satisfaction with the Pain Treatment, and demonstrates that there is still much to be done, so that Rehabilitation Nurses must plan and execute specific programs focused on the treatment of pain and simultaneously evaluate the effectiveness of their interventions.

### DEPRESSION AND SUICIDAL IDEATION AMONG INSTITUTIONALIZED ADOLESCENTS

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**Introduction:** Adolescence is a stage of human development in which biological, physiological and mental transformations and changes occur. At this stage, teenagers exposed to life adversities may be at risk for developing mental health problems, particularly those that are institutionalized.

**Objectives:** To analyze the presence of depressive symptoms and suicidal ideation among institutionalized and non-institutionalized adolescents.

**Methods:** 240 adolescents, 128 institutionalized and 112 non-institutionalized, aged between 12 and 18 years old, completed the Beck Depression Inventory-II (BDI-II).

**Results:** The results showed that institutionalized adolescents compared to non-institutionalized adolescents have higher levels of depressive symptoms (U BDI-II = 4331.0; W BDI-II = 10659.0;  $p$  BDI-II = 0.000).

**Discussion:** The results enhance the idea that institutionalized adolescents have a higher risk of developing mental health problems. We propose that special attention must be provided to these adolescents in order to prevent negative outcomes.

### SEXOLOGY IN THE SIXTEENTH CENTURY – THE CONTRIBUTION OF AMATO LUSITANO

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**Introduction:** The study focuses on identification the work of Portuguese doctor Amato Lusitano (1511-1568) "Seven Centuries of medical cures" as one of the first scientific works as sexual problems

are defined as medical concern. Amato Lusitano is one of the major references of European Medicine of his time. The "Centuries", the object of our analysis, is a collection of valuable observations of Surgery and Medicine, collected throughout his travels through Europe. This work was first published in 1580 in Leon, when Amato had already died. Was reissued, complete or fragmentary, at least 57 times. Each "Centurie" includes 100 clinical cases (cures). It consists of two parts, in the first part, the presentation patient history, treatment, clinical, and then the Comments which evokes the classic and modern, discusses the effect of drugs, changes in treatments.

**Aims:** Its main objectives: to analyze the problems in "Centuries" specifically linked sexuality.

**Methods:** In terms of methodology we used the content analysis, using data collection to the Portuguese edition of Seven Centuries of Medicinal Cures, published by the Faculty of Medical Sciences, New University of Lisbon in 1980.

**Results:** We found that the issue related to sexuality represents a considerable proportion of clinical cases described in "Centuries". Amato gives us several innovative and detailed anatomical descriptions of the genitals of women and men. Give us an important contribution in terms of pathology, symptoms and treatment of some sexually transmitted diseases.

**Conclusions:** We consider that Amato Lusitano and his works were references of the medicine of the 16th century and "Centuries" should be considered as one of the first work in sexology.

### THE IMPORTANCE OF TEEN MAGAZINES AS A SOURCES OF INFORMATION ABOUT SEXUALITY AND SEXUAL HEALTH FOR YOUNG PEOPLE

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**Introduction:** The role of the media, particularly teen magazines, as a source of information about sexuality and sexual health is complex. However, there is a growing recognition of the importance of teen magazines in this field, which traditionally has been the domain of schools, family and adolescents friendly health services as Youth Space.

**Objectives:** To identify the main sources of informations about sexuality and sexual health for young people, to rank them and to check the position occupied by magazines.

**Methods:** A self-applied questionnaire about sexuality was proposed to all 1480 Youth Space attendants between 11th June 2007 and 14th December 2007. 1085 (73.3%) questionnaires were returned. Were analysed sexuality, sexual health and demographic factors.

**Results:** Most attendants were female (97.2%) and mean age was 20.4 ( $\pm 2.8$ ) years. Multiple sources of information were identified by the presented order: friends (67%), health professionals/services (55.2%), mother/father (41.3%), teachers/school (37.2%), internet (34.7%), magazines (34.6%), television/films (28.5%), relatives (13.8%) and other (2.3%). The participants selected friends (33.5%) as the most importante source of information followed by health professionals/services (29.4%), mother/father (23.8%), teachers/school (17.6%), magazines (7.9%), internet (5.4%), relatives (5.2%), television/films (5.1%) and other (1.6%).

**Conclusions:** The results shows that media isn't considered the main source of information about sexuality and sexual health for young people. However, the importance of the teen magazines to the development of young peoples' sexual attitudes and behaviour must be considered once it was considered the most importante type of media as a source of information.

## THE IMPORTANCE OF HYDRIC EDUCATION IN HEMODIALYSIS PATIENTS. THE SIGHT OF THE NURSE

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**Introduction:** LIMA (1989) reported that patients in hemodialysis eventually become discouraged, desperate and, often, for these reasons or lack of guidance, eventually abandoning their treatment. It is necessary to stimulate their abilities, to adapt positively to the new style life and take control of their treatment. Fluid overload is one of the most frequent complications in haemodialysis patients and is associated with high morbidity and mortality. It's a nurse's job to stimulate their knowledge and promote their education. **Objectives:** Identify the water needs for each patient and promote the right education to achieve hemodynamic stability before, during and after dialysis treatment.

**Methods:** The program included, that we defined a nurse coordinator, who plans the collection of data, assures its processing and reviews and encourages corrective measures implementation among the interdisciplinary team. In general, the nurse makes a harvest of information about each patient and controls him by encouraging the teaching about hydric control.

**Results:** We found several reduction in complications like hyperhydration, cramps, recurring dyspnea, arterial hypotension during the second half of HD sessions and pre-dialysis hypertension. Due to the obtained results related to patients' body composition the number of referrals for dietary and nutritional consultation increased. **Conclusions:** By centralizing patient fluid status management and by sharing and reviewing data among the multidisciplinary team, it was possible to optimize "dry weight" adequacy, despite its known variability. Patients were empowered as they actively participated in reaching their adequate dry weight. This all helped to prevent complications and may have improved the welfare of our patients.

## WHAT'S THE LIFE QUALITY CONDITION OF SOMEONE WHO HAS MULTIPLE SCLEROSIS?

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**Introduction:** The understanding of the persistent illness experience Multiple Sclerosis (MS), and of the Life Quality (LQ) meaning can help future nurses specialized in rehabilitation, who take care of human beings with or without disabilities, to rethink their practice. **Objectives:** Connected to this notion, the following investigation questions emerged: What's the life quality condition of someone who has MS? What are the socio-demographic variants which influence the life quality of a person who has MS? Do the professional variants interfere with the life quality of someone who has MS? Does the family situation have any influence on the life quality of this kind of all persons?

**Methods:** The empirical investigation was based on a descriptive, analytic and correlated study of quantitative nature. The data were collected through a survey answered by a sample of 48 persons with MS, members of the Portuguese Society of MS, enrolled in the group of Viseu and in the region of Cova da Beira.

**Results:** So, according to the results obtained, we came to the following results: Women have a better LQ than men; Most of the persons surveyed live in the countryside and those are the ones who have a better life quality; Regarding the level of education, people with six years of compulsory schooling have a better LQ; The persons with better LQ are those who have two elements in

their family nucleus; In relation to the number of children, the persons with 2 children are the ones with better LQ; Concerning the professional situation, unemployed persons have a better LQ. **Conclusions:** With this study, we observed there are several factors which influence the patients affected with MS. So, our study might contribute towards changes which may lead to QUALITY development.

## VASCULAR ACCESS CARE-ACTIVE SURVEILLANCE SHARED BETWEEN PROFESSIONALS, PATIENTS AND CAREGIVERS

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**Introduction:** The vascular access is vital in patients with chronic renal failure (CRF) on dialysis its dysfunction is the major cause of mortality and hospitalizations, and the nurse's responsibility to provide every individual skills to preserve their access.

**Objectives:** Encourage active surveillance in patients with CKD and their caregivers, through ongoing education about the vascular access care.

**Methods:** As part of the program of monitoring and surveillance of vascular accesses at the unit, the continuing education about the care of vascular access, starts since its conception. We carry out positive reinforcement about home caring with the vascular access, monitoring the functioning of access, acting in an emergency, such as decreasing the thrill, active bleeding, presence of inflammatory signs. Delivery of documentation (brochure) about the vascular access care (AVF and PTFE).

**Results:** In a unit with 134 patients, 86 AVF, 11 PTFE and 36 CVC, we found a decrease in infection of CVC exit hole and use of antibiotics in the unit. The BRC rate is < 1 episode per 1000 CVC days. There was neither FAV infection of PTFE. There was 1 episode of emergency intervention in PTFE after early detection of dysfunction with active participation of the patient, avoiding vascular access thrombosis.

**Conclusions:** The monitoring and ongoing education about the care of vascular access, carried out by nursing staff, are key elements in the prevention, assessment and remediation of major complications with existing vascular access for hemodialysis.

## PARTNERING PRIMARY HEALTH CARE WITH SOCIAL SERVICES: THE "CARING FOR THE CAREGIVER PROJECT"

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**Introduction:** Strong organizational and community partnerships between health and social services is crucial to identify and access family caregivers and to effectively address their needs and concerns. "Caring for the Caregiver" is a large scale community-based project established in five northern municipalities (EDV region) that comprises a set of actions devoted to the provision of services for informal carers of people with dementia and post-stroke situations. **Objectives:** To present an overview of the project's main initiatives, and to explore the project's key findings and challenges in the establishment of sustainable health-social services partnerships. **Methods:** 32 psychoeducational groups (enrolling 282 informal caregivers) were implemented, 5 self-help groups launched (one in each municipality) and professional and community level discussions on informal care were promoted through local initiatives.



**Results:** A total of 25 partnerships were established (including City Councils, Health Centers, a Hospital, Social Solidarity Private Institutions, Volunteer's Institutions, a Research Unit), and near 50 professionals with diverse social and health backgrounds were enrolled in the project. Although the coordination of community resources was well-established, geographic, economic and mostly human resources constraints constituted the major challenges for the project's further self-sustainability. Caregivers recruitment was also a major issue.

**Conclusions:** Integrative health-social interventions are perceived as crucial by professionals and caregivers but a strong network of motivated partners is essential. A social marketing approach to caregiver recruitment, socio-cultural specificities and greater public awareness are important issues to consider.

#### **RATIONAL MEDICATION USE: A PORTUGUESE-ANGOLAN COMPARATIVE STUDY**

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**Introduction:** Despite the information available about medication use, some risk behaviours persist, such as self-medication, poly-

medication, non-adherence, and the disrespect for the health professional recommendations. Literature supports that informing people, through health education strategies alerting to risk behaviors, could promote a better use of medication.

**Aims:** Compare the knowledge and medication use between scholar communities from the Faculdade de Ciências da Universidade do Porto (FCUP), in Portugal, and from the Escola Superior Politécnica de Kwanza Norte do Kimpa Vita (ESPKN), in Angola.

**Methods:** This is a cross-sectional comparative study, encompassing two samples from the scholar community (students, teachers and non-teaching personnel) of FCUP and ESPKN. A validated questionnaire was used, based on the following parameters: medication appropriateness, adherence to therapy, and medication regimen complexity.

**Results:** 110 participants from FCUP and 40 from ESPKN participated in this study. Despite the Portuguese sample showed a greater degree of knowledge and positive attitudes regarding proper medication use, some behaviours requiring intervention were detected. On the other hand, the Angolan sample showed worrying behaviours concerning medication use, requiring urgent health education interventions.

**Conclusions:** For both countries, medication use related behaviours were found to be inappropriate. Thus, conducting health education activities, at this level, is essential in order to contribute to a better use of drugs and to promote health care. This work presents a health education activity specially designed to address those issues.