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PARALLEL SESSIONS: ORAL COMMUNICATIONS

I[st] World Congress of Children and Youth Health Behaviors / 4[th] National Congress on Health Education

Viseu-Portugal, 23-25 May 2013

1. CHILD AND ADOLESCENT HEALTH

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

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Introduction: Somatization is a tendency to experience somatic distress without clinical, analytical or imaging evidence of organic lesion or consistency between the complaints, pathology and behavior of the patient. This work aims to contribute to the holistic understanding of somatoform disorders and to propose a comprehensive multidisciplinary treatment approach.
State of the Art: The somatoform disorders seem like a real beast-of-seven-heads: they are very common in the juvenile population, the diagnosis is complex and difficult to explain to the patient and the caregiver, patients are usually consumerists of consultations and medical exams, classically they are viewed as being psychiatric patients (although rarely accompanied by a psychiatrist or psychologist).
New perspectives/guidelines: The pathogenesis of the disease has been clarified by experts: there is no doubt that somatization is a learned behavior associated with personality traits, stress factors and possible secondary gains. The influence of genetics is limited.
Theoretical and practical implications/conclusions: Because of its consequences, the psychosomatic process should be stopped early or, at least, minimized in order to avoid serious effects on health and normal development of the child and adolescent. In the approach of somatization we must assure: the exclusion of organic diseases, psychological/psychiatric conditions or simulation; the identification of factors of family and psychosocial dysfunction; a good relationship between doctor and patient; and interdisciplinary teamwork.

SOCIAL PROVISIONS AND MENTAL HEALTH IN PORTUGUESE ADOLESCENTS

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Introduction: The provision of social support is particular important for adolescents, who value peer support and use it to face their developmental demands. Such support has been associated to improved mental and physical health, but differently according to gender and type of social support received.
Objectives: To evaluate how different types of social support relate to adolescents' mental health, taking gender into account.
Methods: A sample of 359 Portuguese adolescents, both male and female, was evaluted using the Mental Health Inventory and the Social Provisions Scale.
Results: The provision of both intimate and casual support associates to more often experiencing positive emotions and less often experiencing negative emotions. Important gender differences were found. Girls need close, intimate and emotionally secure relationships to feel calm, happy and at peace, and they look for others' reassurance of their personal value to less often feel sad, worried or depressed. For boys, this reassurance is the most important for experience positive emotions, while felling closely attached to others only keeps off experiencing negative emotions.
Conclusions: Boys and girls may look for and need different provisions from their social groups, concurring with the literature saying that boys and girls value different aspects of their interperosnal relationships. When analyzing social groups in adolescence, it should be important to consider that gaps in the provision of social support may differently prone boys and girls to vulnerabilities.

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

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Introduction: In the leisure sector our society is confronted with permanent changes. Actual challenges are forcing voluntary activities, handling with new types of media and using free time wisely. According to the Social Model of Health by Dahlgren and Whitehead (1991) leisure-time activities have an important influence on adolescent health.
Objectives: The aim of the empirical study was to quantitatively analyse leisure-time activites of youngsters comprehensively (e.g. influencing factors, motives, health consequences, satisfaction).
Methods: In 2012 the FH Burgenland carried out a standardized online survey concerning leisure behaviour of young Austrians between the age of 11 and 17 (n = 461). The questionnaire was distributed among adolescents by virtual social networks.
Results: Favourite activities of Austrian adolescents are listening to music, surfing the internet and meeting friends. Sex, age and relationship with parents strongly correlate with choice of hobbies. Some activites like doing sports have a positive influence while others like playing computer games have a negative influence on self-reported health. 32% of adolescents are dissatisfied with their leisure time. Reasons are little free time as well as missing sense of purpose and little social contacts.
Conclusions: Austrian adolescents wish to have more leisure opportunities, meeting-points and less school stress. Possible actions are establishing leisure-time facilities and youth clubs. The results of this study could be used for further research concerning developing political suggestions.

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

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Introduction: Childhood and adolescence are those phases of life that form health behaviour in later years. Although the HBSC-study analyses health-related activities of pupils at the age of 11, 13, 15 and 17 years there is a lack of data concerning health behaviour of younger children in Austria.
Objectives: The aim of this study was to investigate health status, behaviour and social activites of children in the district of Oberwart quantitatively in order to close data gaps.
Methods: Within public health reporting 2012 in the Austrian province Burgenland a quantitative survey according to the HBSC-study was created. Parents of children in ten kindergarden and 13 primary schools in the district of Oberwart were asked about health status and behaviour of their kids (n = 552). Because of external assessment (parents) methodical limitations have to be considered.
Results: Results concerning health behaviour show that only 35% of parents say that their children are at least 60 minutes physically active every day. Findings related to nutrition indicate that according to parents only 27% eat vegetables daily while nearly half of them consume sweets at least once a day. The results show that healthy eating patterns correlate positively with educational background.
Conclusions: This study closed data gap concerning health status and behaviour of children at the age of three to ten years and enables restricted comparisons with results of the HBSC-study. In future further research concerning health behaviour of young children in whole Austria is needed to promote health effectively.

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

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Introduction: Alcohol-free drinks are the basis of a healthy diet. Water stimulates metabolism and promotes blood circulation, while a lack of water can lead to circulatory failure. However drinking habits of young people are a neglected field of science in health promotion. In Austria till now there has been no empirical study which analyses drinking patterns among adolescents.
Objectives: The aim of the quantitative study was to investigate drinking habits of pupils of secondary schools in Burgenland (Austria) between the age of 14 and 22.
Methods: In 2011 the FH Burgenland carried out a quantitative online-survey. The ÖSES.aqa07, in which drinking habits of Austrian adults have been analysed, was chosen as reference study. National and international drinking guidelines were used to assess findings.
Results: 60% of participating pupils (n = 114) reach the recommended amount of liquid intake (1.2-1.5 litres of water per day) or drink even more. 35% cover more than 75% of their daily liquid intake with water. Favourite drinks of pupils and students are water (mineralwater, mains water) (73%), flavoured water (48%), fruit juice with water (33%), coffee (29%) and ice tea (29%).
Conclusions: Pupils have to be motivated to pay attention to healthy drinking habits. To ensure sustainability circumstance-oriented intersectoral health promotion actions like filling vending machines with low-carbohydrate drinks as well as awareness campaigns are necessary. First steps in this direction have already been taken by carrying out several projects in educational establishments.

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

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Introduction: Cervical cancer is noted as the second most common cancer in women worldwide. In Hong Kong, cervical cancer was the tenth most common cancer among women in 2010. Receiving HPV vaccination has been clinically recognized as one of the effective preventive measures in decreasing the incidence of precursors of cervical cancer. However, in Asian countries like Hong Kong, the vaccination rate is low.
Objectives: This study investigates the barriers to receiving Human Papillomavirus (HPV) vaccine among female undergraduate students in a Hong Kong university.
Methods: This study adopts a qualitative approach by conducting individual semi-structured interviews with 35 young women aged 19 to 23.
Results: Seven intertwining perceptual, social and cultural, healthcare providers, and financial barriers were noted. These barriers include: perception as being low-risk due to an absence of sexual contact, lack of confidence in the safety of the vaccine,

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suspicion of parents concerning the intention to get vaccinated, lack of positive discussion among peers, insufficient information from primary care doctors, difficulty in choosing a suitable HPV vaccine, and high cost of the vaccine.
Conclusions: Future HPV vaccination promotion therefore not only needs to enhance the risk perception and needs awareness of young women, but educating parents and correcting their misconceptions will also be highly important. Furthermore, as primary care doctors are the first line of contact with patients and have the role of providing disease prevention education to patients, providing more support to enhance their knowledge of the HPV vaccine and to encourage their enthusiasm in providing responsive disease prevention education to patients can motivate young women to get vaccinated.

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

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Introduction: Hearing loss h sone raised impact in the development and academic progress of a child. In several developed countries, early detection is part of the national health plan through universal neonatal hearing screening (UNHS) and also with school hearing screening programs (SHSP), but only a few have published national data and revised protocols. Currently in Portugal, the UNHS is implemented in the main district hospitals but not the SHPS, as well we still do not make use of concrete data nor publication of studies on the national reality.
Objectives: The incidence of the hearing loss and of otological problems was studied in school communities in the north of the country with 2550 participants between 3 and 17 years old.
Methods: Statistical data collected within the schools with a standard auditory hearing screening protocol. All participants were evaluated with the same protocol, an audiological anamnesis, otoscopy and audiometric exam screening (500, 1000, 2000 and 4000 Hz) were fulfilled.
Results: Different otological problems were identified and the audiometric screening exam counted auditory thresholds that outpointed uni and bilateral hearing loss in about 5.7% of the cases.
Conclusions: The study has demonstrated that auditory school screening should take place as early as possible and be part of the primary health care to identify and direct children to appropriate rehabilitation, education and attendance. Thus, reducing high costs with late treatment.

SENSORY PROFILE OF INSTITUTIONALIZED CHILDREN

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Introduction: The maternal and environmental deprivation have been related to a set of intellectual and physical manifestations that can affect the child and later adult throughout his life. A clear case of deprivation is the institutionalization of children from very early ages. Tthere has been research on the effects of institutionalization but there are few studies on how environmental deprivation affects sensory processing.
Methods: This is a descriptive study, univaried-multivariate is with control group, with a non-probability convenience sample of 138 children (5 and 10 years). The evaluation protocol includes three questionnaires, the Sensory Profile (Dunn, 1998), the Sensory Processing Measure (Parham et al 2007) and the Parental Stress Index (Abidin, 1995).
Results: We found that the children who are in institutions have a sensory processing development, within the range considered typical except in Emotional Reaction, in the inattention and distractibility. Regarding sensory function children who are in institutions showed a typical behavioural on most home context variables, except for Social Participation. In the class context, children have likely differences in most scales, except in Social Participation, Touch, Planning and Ideas. With respect to the stress index in child-caregiver relationship, children who are in institutions have an index within the normal standards, except for Acceptability, Reinforce, Attachment and Roles Restriction.
Conclusions: Compared with children who are in their families of origin, it was found that, of sensory processing, sensory functioning in home and class context both at the level of stress index in child-caregiver relationship values obtained show that there are differences in some areas but not in its entirety.

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

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Introduction: Smoking and sedentary behavior are the major preventable causes of morbidity and mortality. Unhealthy lifestyle typically begins in adolescence, so control of the risk factors at this period may reduce cardiovascular events in adulthood.
Objectives: To assess trends in smoking and physical inactivity among adolescents in 1989-2012.
Methods: Six cross-sectional surveys of representative samples of school children aged 14-17 in 1989, 1994, 1999, 2003, 2009 and 2012 were carried out in Novosibirsk. Total sample was 3511. Self-reported smoking (1 cig/week and more), low physical activity (2 h/week of exercises and less) and sedentary behavior (weekly screen time) were obtained.
Results: During 1989-2012 the prevalence of regular smoking among boys declined from 45 to 18%, among girls - from 19 to 13%. Average amount of cigarettes per week in girls-smokers significantly increased since 1989, in boys it did not change. Adolescents-smokers registered twice more often in smoking families than in non-smoking families: 65% vs 35%. Among adolescent boys significant associations between smoking and high-density lipoprotein cholesterol were revealed. Levels of low physical activity were stably high during the period in boys (49-55%) and girls (83-73%). Leisure-time physical activity of adolescents rapidly declined during the computer era. In 2009 average amounts of weekly screen time (computer games, Internet, TV, video) were 18 hours in boys and 15 hours in girls. Physical inactivity rates were higher in smokers ($P < 0.05$).
Conclusions: The data indicate on trends to decline in smoking among Siberian adolescents. However, stably high levels of physical inactivity and rising prevalence of sedentary behavior patterns specify a mainstream of prevention among youth generation.

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

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Introduction: The mental health impact of Chernobyl is regarded by many experts to be the largist public health problem to date, as the people continue to live in a contaminated area. With respect to stress-related symptoms, the rates of depressive, anxiety, and medically unexplained physical symptoms are two to four times higher in Chernobyl-exposed populations compared to controls.
Objectives: To essess the impact of combined radiological and psychological stressors on mental health of the school children in Chernobyl trace regions.
Methods: This is a cross-sectional quantitative descriptive and cross-correlated study with a sample of 327 school children at the age of 6-7 and 10-11years living in Chernobyl trace regions of Russia. It was compared to a contral group of 154 children from uncontaminated areas. The examination included clinical psychological investigation, intellectual assessment, and ECG-testing of children.
Results: We found a relative increase in psychological impairment in the exposed group compared with the contral group, with increased prevalance in cases of intellectual working incapacity ($p > 0.01$) and emotional disorders ($p > 0.05$). The IQ level of children was relatively equal in both samples. The ECG-results testified to the signes of functional regulatory sytem retardation in the exposed group. We noticed a positive moderate correlation between IQ of children, intellectual working capacity and emotion stability.
Conclusions: Combined radiation and psychological environmental stresses are suggested as exacerbating the initiation and/or intencity of emotional disorders of the chool children. The effect thought to be mediated by having good quality psychological support.

PROMOTING RESILIENCE IN CHILDREN INSTITUTIONALIZED

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Introduction: The decision to institutionalize children in foster homes has generated great controversy and some researchers hypothesized that this may generate many risks especially for healthy and mental stability of children.
Objectives: The present study aimed to analyze the implications of a positive and balanced educational relationship, focusing on the promotion of personal and social skills, while protective factors and resilience of children living in residential institutions.
Methods: We constructed and validated a questionnaire administered to 43 teachers from Primary School who teach in classrooms with children who live in foster homes. It was also applied a socio-demographic questionnaire and the Healthy Kids Resilience Assessment Module (adapted by Martins, 2005) to a sample of students who live in institutions and attending the 3 rd and 4 th grade ($N = 27$).
Results: The results show that teachers implement strategies to promote the development of personal and social skills in these students, but simultaneously they negatively evaluate their capacities for resilience. However, when comparing the data obtained from the teachers, with the result of the application of the Resilience Scale directly to students, it appears that the information gathered suggests that these students are developing a resilient way of life, showing significant internal and external resources that seem to contribute to overcoming the difficulties and setbacks that life brings.
Conclusions: The study concludes that the implementation of strategies for developing personal and social skills by teachers have positively influenced Educational Resilience of these children.

CHILDREN'S VIEWS ON BEING A HEALTHY PERSON

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The study presented is part of a wider research project, aimed to understand the characteristics of children's concepts of health and illness, its specificities, determinants, and consequences for designing health education programs and for organizing psychological services for ill children.
Objectives: To analyze the specific themes emerging from children's concepts about health.
Methods: This is a mixed (qualitative and quantitative) study with a sample of 175 school children aged 9 to 12.Participants were asked to write what it meant to them to be healthy. A category system previously validated (inter-rater agreement of 93%) was used to examine the structure of children's health concepts along 5 categories.
Results: Based on content analysis, a total of 625 descriptive units were derived from children's writings and coded. The most frequently used categories to define health were "engagement in preventive activities" (51%) and "positive feelings" (21.6%). Moreover results revealed the relative importance of the various sub-themes within each category, allowing a more comprehensive understanding of children's concepts of health.
Conclusions: Globally children provided complex and holistic definitions of health, including, in addition to physical and behavioral aspects, descriptors of psychological well-being. The results are useful for the development of health education programs by evidencing the importance of including psychosocial dimensions. In addition the results allow health professionals to adjust interventions to the views previously held by children.

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

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Introduction: The association of overweight with risk behaviors may operate through multiple psychological mechanisms.
Objectives: To assess differences in risk behaviors between groups according to weight status and to examine the cumulative role of certain psychsocial variables as potencially influencing factors on the presence of risk behaviors.

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Methods: This is a quantitative descriptive and explanatory cross-correlated study with a sample of 370 adolescents, divided in three groups**:** 205 adolescents with normal weight, 82 adolescents from the community with overweight/obesity and 83 adolescents with overweight/obesity and in outpatient treatment for weight control. The evaluation protocol includes sociodemographic and substance consumption questionnaire, the Self-Injury Questionnaire-Treatment Related (Claes & Vandereycken, 2007), the Brief Symptom Inventory (Derogatis, 1982), Social Support Satisfaction Scale (Pais-Ribeiro, 1999) and the Emotional Skills and Competence Questionnaire (Taksic, 2000).
Results: The prevalence of most risk behaviors in the overweight community group and in the overweight clinical group was similar or even lower than their healthy weight peers. Male gender, non-treatment for weight control, higher psychopathology, less ability to regulate emotions, lower family support and higher intimate support predict, at least, one of the three studied risk behaviors.
Conclusions: Overweight adolescents are not necessarily at increased risk of self-injury or of consuming alcohol/tobacco. Other variables related to outpatient treatment for weight control, psychopathology, social support, and emotional skills are more closely linked to substance consumption or self-injurious behaviors than is weight status.

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

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Introduction: Young people increasingly listen to music with greater intensity and for longer periods of time so that the hearing loss is no longer something confined to the elderly but has become increasingly common in the young population. Programs promoting audiological health may be a way to sensitize young people to use music as a source of pleasure without incurring hearing loss.
Objectives: This study aimed to compare the audiological health habits of 12-13 year olds with young people aged 15-18 in an attempt to discover the best age for the development of an audiological health promotion project in schools.
Methods: We conducted a questionnaire and a hearing test for young people aged 12-13 attending the 7th grade and young people attending secondary school in the same school.
Results: The major difference between these two groups was found in the number frequenting places with loud music (3.8% versus 64.5%) and intensity (50% or more of maximum volume) with which they listened to music with their headphones (38.2% versus 61.3%) although both groups use headphones (84% versus 90.3%) in both ears. Note that both groups had normal hearing (88.5% versus 83.9%), with the frequency of 6000Hz being the most affected, both groups had difficulty understanding the teacher when there was noise in the classroom (58.7% versus 48.4%), and both groups knew that noise could damage hearing (75.2% versus 93.5%).
Conclusions: Knowing that acquired behaviors are difficult to change, we can conclude from this study that a program of hearing health will be more effective at ages 12-13, before young people acquire the habit of listening to loud music in local nightclubs or through their headphones, since i tis between the ages of 15-18 that these behaviors are acquired.

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

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Introduction: Every child plays. Playing is a fundamental right for all children with benefits in their motor, social and cognitive development. It is also an important tool to intervene in the child's health condition (Leite and Sandoval, 2003). The child with Autism Spectrum Disorder (ASD), which is a chronic and general disorder of children's development, has qualitative deficits in social interaction and communication, repetitive and stereotyped behavioral patterns and a restricted repertoire of interests and activities (Gadia et al, 2004; Fávero and Santos, 2005).
Objectives: To identify how the child plays and the contribution of play to the promotion of social interaction and communication of children with ASD aged between two and ten years.
Methods: Systematic review of full text papers published between January 2002 and July 2012 which included how ASD children aged between two and ten years old play. Web portals, databases and search engines were used (EBSCO, LILACS, PUBMED, MEDLINE, CINAHL, Academic Google). The following keywords in Portuguese, English and Spanish were used**:** "child", "autism", "ASD", "play", "communication" and "social interaction". Studies with ASD children with associated diseases were excluded. This search resulted in 834 papers**:** 84 were selected and 8 were used.
Results: ASD children learn mostly through direct play (touch and use of objects). The use of some techniques such as repetition of the activity taught by the adult, social stories and reciprocal imitation in everyday playing can contribute to improving social interaction and developing language skills.
Conclusions: Nurses should raise parents' awareness for the importance of playing in promoting social interaction and communication, which are often impaired in these children.

INSOMNIA IN TEENAGERS

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Introduction: Sleep is an integral part of the life of an individual and we all depend on its restorative function to face with a renewed energy each new day that begins.
Objectives: Create a page in the Internet with the implementation of interventions of education for the health; test the viability of the virtual questionnaire to determine the prevalence of the insomnia in the ESSV in school year 2011/2012.
Participants and methods: This research consisted, in continuing the creation of a web page, already called "My sleep," with the implementation of interventions in health education. We performed a cross-sectional, descriptive study. The study population is composed by students of the graduation course in nursing of the ESSV, in a total of 244 students with ages between 18 and 38 years old, enrolled in the academic year 2011/2012, 1º semester. Insomnia was assessed based on DSM-IV, estimating the prevalent of insomnia and of the symptoms in the last month, with a frequency of at least three times a week.
Results: The prevalence of insomnia in the last month was 18,1%, being superior in the feminine sex although the difference is not statistically relevant ($p = 0.11$). The prevalence of insomnia symptoms, difficulty in beginning sleep, difficulty in maintain sleep,

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wake up to early and having difficulty in get back to sleep and non repairing sleep was 22.1%, 10.7%, 12.1% e 22.8%, respectively.
Conclusions: We consider that the prevalence of insomnia in students of the ESSV it's a frequent problem. And considering the socioeconomic changes and the harmful consequences of sleep privation, we consider that health education, based in rules for good sleeping habits are essential.

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

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Introduction: Obesity is a health problem with large proportions in the developed countries and affects respiratory physiology at rest and exercise in adults, but it is also important to understand the influence of BMI in pulmonary function of children and the impact on exercise.
Objectives: Evaluate lung function in young soccer players and verify the influence of the body mass index (BMI) both at rest and after training.
Methods: Thirty-eight children were selected from a soccer school and evaluated using a questionnaire, anthropometric measures and respiratory function tests (RFT). All parents signed the consent form approved by Ethics Committee of Fernando Pessoa University, Porto, Portugal. Inclusion criteria were: age between 5-11 years old, informed assent properly signed and correct fulfilling of the questionnaire. Data were analyzed using SPSS 18.0. ANOVA and Kruskal-Wallis test were used to compare the data between three groups of children, according to BMI: normal weight, overweight and obese. A correlation analysis was also made using Pearson or Sperman coefficients.
Results: Our data indicate that in active children BMI does not have a significant effect on the spirometry values analized, at rest and after training. However, we observed a strong correlation between lung function parameters and variables like age and height.
Conclusions: This study suggests that weight does not affect lung function in children in the variables analized, and show that height and age are the strongest preditive variables at this ages. Although, it is important to emphasize that childhood obesity may cause serious health complications that were not explored in this study. So it is relevant encourage children to be active and fit, in order to combat and avoid obesity.

HEALTH AND SOCIAL REPRESENTATION: 9TH YEAR STUDENTS PERCEPTION FROM TWO DIFFERENTS SCHOOLS OF DF - BRAZIL

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Introduction: Perfect body culture, submitted by the media, highlights a cultural and aesthetic pattern that is not always connected to health. Today, media presents as a health model, skinny bodies that will serve as parameter to a large section of the youth, in search for the imaginary ideal body, they go to strict diets, ingest food supplements and attend academies, what may cause health problems, like the appearance of eating disorder.
Objectives: To investigate the social representation of students from 9th grade on health, highlighting their perceptions about body and health care.
Methods: A questionnaire containing the technique of free association words and six open questions. This instrument was administered to 157 students in 9th grade, 63 from a public school and 94 from private school.
Results: Social representations from surveyed students, about health care, are built in association with aesthetics and beauty standards of today, since the concern is the body care, usually related in the absence of disease and the frequency at academies. Another finding is that, in relation to the body design, evidenced the concern of students regarding the care of the external appearance. For the group of participants, the body means, among other things, an "object" that deserves care, centered mainly on the external aspects.

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

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Introduction: Knowledge about the disease and treatment management, are prerequisites for adolescents with congenital heart disease to adopt appropriate health behaviors.
Objectives: To describe the process of translation and cultural adaptation to Portuguese language of "Leuven Knowledge Questionnaire for Congenital Heart Diseases-LKQCHD" (Moons, 2009), which evaluates knowledge in five areas: disorder and treatment, prevention of complications, physical activity, sexuality and heredity, contraception and pregnancy.
Methods: Methodological study, according to the guidelines described by MAPI Research Institute. After author's permission, the process of translation from the original version in English into Portuguese was conducted, independently by two health professionals with good command of English. After consensus meeting, the Portuguese version was back-translated into English by two independent, accredited translators, whose first language was English. This version was sent to the author who agreed with the Portuguese version, after clarification of the title and one of the questions. A version for parents was developed, by changing the questions to the third person.
Results: The questionnaire will be administered to adolescents followed in the referral centers for pediatric cardiology in Portugal, and their parents, after permission is released from Ethic Boards. Data will be available and presented in May.
Conclusions: The existence of the Portuguese version of LKQCHD, both in adolescents and parental version, will permit to monitor the knowledge acquired by adolescents and their families, allowing the adjustment of health education plans in accordance with the identified gaps, and promoting health behaviors and healthy transitions.

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

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

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speech sounds. If this capacity is altered , oral comprehension and expression might be affected.
Objectives: To build and to validate a test for evaluating speech discrimination in four-year-old children.
Methods: This study claims to present the 1st stage of a methodological study (construction and validation of content) of an speech discrimination test. After its construction, based on other evidence and theoretical foundation, its content was validated by a Delphi panel of five elements - Speech Therapists fully competent onf research and practice in this area. 30 real images were validated by children in proof of identification. All the formal and ethical procedures adopted by the Declaration of Helsinki were met.
Results: The test was originally built with 115 indicators. This number of indicators remains equal, although some have been revised and added, in order to meet an agreement of the Delphi panel of 80% - at least. An average agreement of 92% was obtained over the analysis parameters after four consultations by the experts (via email). In the test it is possible to evaluate the ability of speech discrimination of phonemes (in words with and without visual support, in pseudo-words and on vowels) and of phrases, considering the discrimination above and below 1000Hz. In the validation of the images it was found that 98% of children are able to identify them.
Conclusions: The test has subtests needed to assess speech discrimination in four-year-old children. No other test measured for the Portuguese population encloses these features. The next aim is to validate it psychometrically and to develop a software that enables its application.

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

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Introduction: In the scope of a rising process of medicalization, the behavior of children has become particularly relevant.
Objectives: Starting from the analyses of Portuguese reality, to critically discuss childhood medicalization and biomedicalization, with particular reference to the Attention Deficit and Hyperactivity Disorder (ADHD).
State of the Art: A condition or a behavior is medicalized when it is described and understood within a medical scope, it is given a medical label and is treated through a medical intervention, which can be pharmacologic or other (Conrad, 1992). More recently, the term biomedicalization was introduced by Clarke et al, 2003) in the attempt to describe the changes in the organization of biomedicine. The biomedicalization calls not only for the disease as locus of medical intervention, but also for the health, not requiring a prior pathologisation. The main difference between medicalization and biomedicalization is that the former is centered in the treatment, and the latter in increasingly pursuing enhancement, improvement and optimization.
New perspectives: As the clinical gaze was extended into new areas, children's lives underwent progressive and far-reaching transformations, becoming a place for the construction of medical meanings (Iriart, 2012). This is the case of ADHD, when a child is identified as having a disorder, the label affects his/her social relationships, there is a process of internalization and the creation of new identities around the suffering process.
Theorical and practical implications: From a research work in progress, analyzes the drivers of biomedicalization (Conrad, 2007) of ADHD in Portugal, in order to clarify and better understand the psychosocial impact of this condition.

HEALTHCARE SYSTEM AND PROFESSIONALS AND SXF: THE FAMILIES PERSPECTIVES

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Introduction: The Fragile X Syndrome is a developmental disorder with genetic etiology not very common and often underdiagnosed in Portugal. However, it is the most frequent inherited cause of intellectual disability and also the better known genetic origin of autism. Health professionals are those who, firstly, are responsible for detecting the signs that something is affecting the development and conduct to the diagnosis.
Methods: Qualitative study based on interviews with 40 mothers of children with FXS (full mutation) using a Grounded Theory approach.
Results: We found: a) difficulty of pediatricians in dealing with complaints and signals detected by the mothers, b) little information or awareness of referral for diagnosis; c) significant delay in sending for genetic diagnosis d) difficulties in communicating the diagnosis to families, e) articulation and difficulties monitoring throughout the development of the child.
Conclusions: Based on these findings will be proposed guidelines so that the health system can receive and follow more effectively the children and families living with this syndrome.

PREVALENCE AND BREASTFEEDING MOTIVATION AMONG PREGNANT PORTUGUESE WOMEN

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The protection, promotion and support of breastfeeding (BF) is a priority for world health. Exclusive breastfeeding (EBF) for the first 6 month (M) ensures the growth, development and optimum health. In Portugal, the BF Report 2012 indicates 65.2% do EBF to the discharge and 26% do during the first 4M.
Objectives: To assess the motivation of pregnant women to BF; to determine the prevalence of BF and determinants of EBF during 4M.
Methods: Quantitative, cross-correlated study with a non-probability, convenience sample of 286 women. Data collection in pregnancy and 4 months postpartum using a structured interview self-report.
Results: Whole de women are motivated to BF and 99.3% had already decided to breastfeed during the pregnancy. The prevalence during the first 4M is 65.9% to EBF. The main causes of dropout refer production/characteristics of milk (48.6%) and 36.7% for maternal factors (fatigue and return work). The mothers more successful in BF are older, more educated, married, prenatal counseling and positive experience of BF. In relation to the variables studied (having been breastfed, planned pregnancy, public or private prenatal assistance, 1st prenatal appointment, type of pregnancy and delivery, BF training, support, duration and experience BF) only experience and duration of BF were statistically significant compared to the duration of the EBF for 4M ($U = 19.500$, $p = 0.000$). There was also a statistically significant dependence between the support and the prevalence 4M. However, in women who have ceased BF the presence or absence of support was not decisive.
Conclusions: The results enhance the need to more intervention of health professionals in demystifying beliefs and more participation of family/community in order to offer more support prolong the EBF up to 6M.

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ADOLESCENTS WITH CYSTIC FIBROSIS: HEALTH EDUCATION

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Introduction: The adolescents with cystic fibrosis most overcome extra obstacles in each developmental stage, due to the chronicity of their disease. In addition to the permanent character of the pathology, for these adolescents to have a better quality of life they must depend on three fundamental pillars of the clinical treatment: medication in large scale, respiratory kinesiotherapy and hyper caloric nutrition. The aim of this work is to reflect and raise awareness among professional health/care givers to the necessity of building, based on scientific evidence, guidelines or intervention programs to give assistance and help in a conscious and consistent decision making towards the needs of these adolescents.
State of the art: Our research led us to find structured recommendations on health care in adolescents with cystic fibrosis in several foreigner hospitals and associations, mainly English and Canadians, but not in Portugal.
Practical implications: If health education "is to provide children and youngsters the knowledge, attitude and values which should help them do choose options and make decisions health adequate" (congress portal), do nurses have a positive role in this appropriation in adolescents with cystic fibrosis? We believe that the awareness of these adolescents and the use of enlightening and motivational strategies should be in the horizon of the nurse care in order to maximize the developmental potential of children and adolescents with this pathology.

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

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Introduction: This project resulted from a research / intervention with children and adolescents with cancer, ages ranging from 3 to 16 years whose purpose was focused on the promotion of their welfare and quality of life.
Objectives: Facilitate the integration of children/adolescents in (re) entry into the (pre) school; restore confidence, self-esteem and mood of children/adolescents with cancer; tackling isolation; enable contact with nature and develop a taste for agricultural and gardening activities and artistic expression.
Methods: Our intervention was developed with resource of the methodologies of qualitative paradigm, since these emphasize the interpreted understanding of the facts, of the meanings and the intentions of the target population, especially valorizing the subjectivity, ie the change process and improvement of welfare. In the perspective of a participatory action research we resorted to sociocultural animation as a means of educational intervention by promoting the involvement and active participation of participants through active methods and techniques.
Results: The intervention had positive results given that in the final evaluation of the project the participants were assertive, referring that the project had contributed to an improvement of their welfare and quality of life through the favoring of outdoor activities, ludic and pedagogic activities and activities of conviviality which helped to fight discouragement, isolation and loneliness.
Conclusions: This experience reaffirmed the importance of sociocultural animation as a promoting intervention of welfare, quality of life and humanization within vulnerable public at the level of health.

SOCIAL BEHAVIORS AND SOCIAL PROVISIONS IN PORTUGUESE ADOLESCENTS

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Introduction: Establishing gratifying relationships and obtaining social provisions from peers is of significant importance during adolescence, being associated with positive feelings and mental health. These social provisions may nevertheless be lost or gained by practicing either aggressive or assertive behaviors.
Objectives: To evaluate the associations between social support and social behavior in adolescence.
Methods: 115 adolescents (mean age of 16,6 years old; 72% female) were assessed for aggression, assertiveness and social provisions.
Results: Boys were significantly more aggressive than girls, and so correlations between aggression and social provisions were evaluated differently by gender. More aggressive girls and boys both perceived lower reassurance of personal value by others and decreased chances for providing support to others. For girls only, aggressiveness was associated with decreased social inclusion, while for boys it associated with diminished perception of a reliable bond and attachment to others. Specific differences based on the forms and functions of aggression were also apparent. As for assertiveness, it associated with feeling reassured of their personal value by others, socially included and reliably bond to others.
Conclusions: These results add to the evidence that promoting prosocial behaviors may importantly impact on the psychosocial development of adolescents, while permitting non-adaptive social behaviors may contribute to their continued exclusion and represent an important marker for understanding and preventing deviant behavior.

AGGRESSION, ASSERTIVENESS AND ALEXITHYMIA IN YOUNG ADULTS

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Introduction: The ability to process and assign meaning to personal and others' emotions has been proposed to be part of social information processing, which in turn mediates between a given social event and the social behaviors that are enacted when facing it, such as aggression and assertiveness.
Objectives: This work proposes to investigate how the inability for emotional processing (alexithymia) may associate to those social behaviors.
Methods: 296 young adults (mean age of 23.88 years old; 77.4% female) were evaluated using the 20-item Toronto Alexithymia Scale, the Peer Conflict Scale and the short version of the Scale for Interpersonal Behavior.
Results: Male participants present higher levels of alexithymia and aggression, and female participants report acting more assertively. Also, alexithymia positively correlated with aggression and discomfort in social events, and negatively correlated with frequency of assertive behavior. Specifically, difficulty in describing personal emotions to others was predictive of assertiveness, whereas difficulty in identifying personal emotions was predictive of aggression.
Conclusions: These findings concur to the proposed consideration of emotional processing as antecedent of social behaviors. Furthermore,

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

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

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Introduction: Social anxiety and aggression have been associated with negative interpersonal schemas. Recent theories suggest that a minority of socially anxious individuals practice aggressive behaviors.
Objectives: To analyze the similarities in the interpersonal schemas associated simultaneously to social anxiety and aggression.
Methods: A sample of 267 late adolescents (mean age of 16.56 years old; 71.9% female) was assessed for relational and overt aggression, for social anxiety, and for negative interpersonal schemas.
Results: Relational and overt aggresion and social anxiety associated positively with the same five negative interpersonal schemas: perceptions of others as abusive and not to be trusted; approval and recognition seeking as a mote for behavior in social interactions; personal vulnerability to harm or illness, and pessimism in relation to future events. Relational aggression and social anxiety shared positive associations with four negative schemas, which did not correlate with overt aggression. These schemas relate to perceptions of: emotional deprivation in social interactions, personal defectiveness and shame, personal dependence and incompetence in daily tasks, and the need to subjugate to others as condition for sustained relationships.
Conclusions: Given that interpersonal schemas may impact on the subsequent cognitive, affective, and behavioral responses to a social event, the similarity found on interpersonal schemas for social anxiety and aggression may expain the co-existence of these two apparently distinct constructs.

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

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Introduction: Social anxiety and assertiveness have been empirically and conceptually related, but the understanding of this association has not been attempted. Being that they are proposed to be emotional and behavioral consequences of the activation of interpersonal schemas, an integrated cognitive perspective on this association may be explicative.
Objectives: To apply a cognitive framework to the association between social anxiety and assertiveness.
Methods: Using structural equation modeling procedure, the effects of interpersonal schemas on automatic thoughts, social anxiety and two types of social behavior (assertive behavior and avoidance) were analyzed, using a sample of 679 adolescents (mean age of 16.68 years old; 61.3% girls).
Results: A direct effect of positive interpersonal schemas on negative automatic thoughts, social anxiety and assertive behavior on the one hand, and avoidance on the other was found. Indirect effects on both types of behavior were also found, through negative automatic thoughts and social anxiety.
Conclusions: There seems to be a similar cognitive basis for social anxiety and assertiveness. The lack of positive representations of social events may give rise to social anxiety, and avoidance or assertive deficit. Contextual factors may be significant in determining which social behavior follows this cognitive vulnerability.

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

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Introduction: Several variables contribute to the development of cardiovascular risk factors (CRF) since childhood. There is an increased prevalence of overweight and obesity in children and both are associated with numerous health risks.
Objectives: Our aim was to determine the prevalence of overweight and obesity, according to body mass index (BMI), and the percentage of children with a potential risk of cardiovascular comorbidities and insulin resistance, by waist circumference (WC). We also tried to understand the association between BMI and WC, and the variation according to age and gender.
Methods: 227 children (7-10 years) were surveyed. The body weight was measured to the nearest 0.1 kg, using an electronic scale. Height was measured to the nearest 0.1 cm using a stadiometer. Overweight and obesity were determined using BMI, according to age and sex-specific World Health Organization cut-offs. WC was measured at the narrowest point between the lower rib and the iliac crest.
Results: The prevalence of overweight and obesity was 24.2% and 18.5%, respectively. Considering the evaluation of WC above 90th percentile, the prevalence of participants with a potential increased risk of cardiovascular comorbidities and insulin resistance was 18.06%. Significant correlations were found between weight and WC ($rs = .844$, $p \leq .01$), as well as between BMI and WC ($rs = .853$, $p \leq .01$). We verified a significant direct variation of WC according to the age ($rs = .221$, $p \leq .01$).
Conclusions: Considering that the prevention of obesity is much easier than its reversion, these results increase the importance of early multidisciplinary interventions, combining physical activity and nutrition experts and involving a family component, to prevent cardiovascular and metabolic diseases in older ages.
This work is being supported by the Portuguese Science Foundation (Fundação para a Ciência e a Tecnologia) through individual research grant (SFRH/BD/85518/2012) co-financed by the European Social Fund and Portuguese National Funds from MCTES.

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

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

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Objectives: To determine if children drink alcohol, what types of alcoholic beverages, how often do and what are the factors that influence this consumption.
Methods: This is a quantitative, non-experimental, descriptive / correlation study. Was used for data collection a questionnaire administered to a sample of 175 students attending the 2nd, 3rd and 4th years of the 1st cycle of Basic Education Cluster Schools Sátão, academic year 2011/2012.
Results: The age of onset of consumption is on average six years, the pattern of alcohol consumption differs by gender, with boys who have the highest standard: daily/weekly. The girls have a higher percentage of non-consumers and occasional consumers monthly. The start site of consumption occurs at home followed by coffee. Usually 92.5% of boys and 87.5% of girls drink alcohol with family members. About 70% of fathers and 30% of mothers consume alcohol. A significant percentage value obtained from siblings and grandparents who consume alcoholic beverages.
Conclusions: The distribution of alcohol consumption by children with alcohol consumption by parents demonstrates statistically significant. The consumption of alcoholic beverages by both the mother and the father influences the consumption of alcoholic beverages of children compared to children who do not consume. There was no statistically significant relationship between the remaining independent variables and alcohol consumption by students in the sample under study.

SCREENING FOR HEARING IMPAIREMENT: PRESCHOOL AND PRIMARY-SCHOOL CHILDREN

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Introduction: The hearing screaning in preschool and primary school children aims to identify early changes in the auditory system. It allows a quick medical referral, avoiding the aggravation of changes, minimizing the hearing problems and possible academic failure (ASHA,1997).
Methods: A total of 386 children (124 were preschool and 262 were primary-school students) started the review with otoscopy, tympanogram and the audiogram screening, wich included a survey of the thresholds 20dB at frequencies of 500, 1000, 2000 and 4000 Hz (pass ou refere). It was considered refers when presented at least one of the following: changes in otoscopy, tympanogram type B or C2 and not listen at 20 dB one frequency at least.
Results: It was found that 9% of the children failed and 74% passed the hearing screaning, 3 % of the problematic children are already being followed in ORL. To 17% of the sample it was required to repeat the screaning after a month and a half, according to the guidelines of American Speech-Language-Hearing Association (ASHA, 2005). It was found that the age group of 3/4 years showed the most changes in the screaning with 27% of refere.
Conclusions: The hearing screaning in pre and primary school allows the identification and early intervention of changes in the auditory system. Many of these changes are asymptomatic going unnoticed for parents and Educators. Despite ASHA indicates preschool screaning at 5 years old, in this study it was found that the age group with the highest percentages of changes occurred at 3 years old. It is suggested the implementation of preschool screaning also to this age group.

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

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Introduction: Positive parenting is parental behaviour based on the child's best interest that must be understood by parents and supported by professionals. This support must be based on the needs and capabilities of parents.
Objectives: To assess the relationship between parents' knowledge needs and parents' confidence and difficulties in the exercise of positive parenting.
Methods: This has a correlational design and a non-probability sample of 1,011 portuguese parents of children up to three and half years of age. A questionnaire was used to profile the participants, and the process of parenting which it was operationalized using three scales with the same five dimensions: the child's physical needs, safety, development, communication and discipline (Lopes & Dixe, 2012).
Results: We found the existence of the lack of confidence, of difficulties and of the need for parents' understanding of all components of positive parenting. The Pearson's coefficients showed the existence of correlation ($p < 0.01$) between the dimensions of each scale. The increased of parents' knowledge needs was associated with a decreased parents' confidence and increased parents' difficulties, The greater correlation was between parents' knowledge needs on child's physical needs and parents' confidance ($r = -0.502$; $p < 0.01$) and parents' difficulties ($r = 0.712$; $p < 0.01$) in compliance with those needs.
Conclusions: The results show areas of need for intervention to support parents in a positive parenting. They enhance the need the existence of structured programmes for increased the parents' knowledge and they show that these programmes will contribute to improve the capabilities of parents to their role with a view to child health promotion.

ARTICULATION DISORDERS PREVALENCE IN ELEMENTARY SCHOOL CHILDREN

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Introduction: The phonetic-phonological system of the language is almost complete at five years of age (Mendes, Afonso, Lousada, Andrade & Valente, 2009). Later this will have to be adapted to other contexts, such as more complex words or less usual. Thus, Children of school age who are unable to pronounce certain words, may have an underlying articulatory disturbance.
Objectives: To determine the prevalence of articulation disorders at Children in Elementary School by gender, age and educational attainment.
Methods: For this epidemiological study, 230 children with ages from 6 to 10 years from three schools were evaluated, between February and May 2013, with assent of the National Comission for Data Protection, Directorate General for Innovation and Curriculum Development, and their carers. The phonetic-phonological test was applied (Mendes, Afonso, Lousada, Andrade & Valente, 2009), to assess articulatory changes, as well as the Orofacial Assessment Protocol (Guimarães, 1995), for evidence of anatomical and physiological changes.

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Results: 10.6% (9) of female and 20.3% (16) of male children present articulatory disorders, however, and despite these differences, they do not show statistical significance ($p > 0.05$). Doing the analysis by age group, we verified that is aged [7; 0-7; 6[that there is a higher prevalence of children with articulation disorders (36.8%), and aged [8; 0-8; 6[does not sensed children with disorders (0%). Of the 5 children with school failure, 4 present disturbances (2 of them aged 6-7 years, 1 with 7 and 1 with 9 years).
Conclusions: Given the importance of these aspects in the success of children, it mine doing more screenings and forwarding the same for Speech Therapy.

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

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Introduction: The attending needs of hospitalized children requires from the medical and nursing teams new caring practices, focused on the singular aspects of the child and considering the family as the center of care.
Aims: To analyze the influence of the opportunities to take care of the hospitalized child in the level of parental stress.
Methods: Transversal, descriptive-correlational study, accomplished in a sample of 125 adults, average age = 33.45 (SD = 8.48), parents of hospitalized children in a hospital from the center of Portugal. Data was obtained from socio-demographic characterization of participants and applied the Parental Stress Scale (Mixão, Leal & Maroco, 2010).
Results: 86.4% of parents were married, 35.0% had the 2nd/3rd cycle of schooling and 45.6% average yield. Globally, 26.4% had the emergency the main hospital experience, 80.8% assumed that child hadn't chronic illness, however 41.6% reported having little control over the actual disease. Most children had ≤ 2 years (mean = 6.24 years; SD = 5.72) 56.7% were hospitalized ≤ 7 days. Parents showed an overall low level of stress (mean = 32.9; SD = 6.55) however 60.8% refer that, despite having many opportunities to decide and care the child during hospitalization, we found that levels of parental stress were higher in those who reported having little opportunity but only significant in concern, overall satisfaction and stress dimensions (MO = 71.79; $p = 0.029$).
Conclusions: Parental stress must be considered an attention focus for the pediatric teams, whose plans of intervention must pass by listen the parents concerns, and also should implement strategies of appropriate support to training programs for participation in care, seeking out the parental autonomy and the healthy development of the children.

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

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Introduction: Injuries and risk-taking (RT) behaviours in adolescence are a public health concern. Many types of RT and deliberate self-harm (SH) behaviours typically appear in adolescence, which contribute to the leading causes of morbidity and mortality in this age group. Thus, the promotion of healthy behaviours and choices is needed.
Objectives: This paper aims to analyse the prevalence of RT and SH behaviours in a community sample of adolescents, controlling the effect of gender and age; examine the link between RT and SH behaviours; explore the relationship between RT and SH behaviours and self-perceived quality of life (QoL).
Methods: A sample of 346 Portuguese adolescents (girls: n = 194, 56%) aged between 12-18 years-old (M = 15.10, SD = 1.77), from 7th to 12th school grade, answered sociodemographic questions, the Risk-Taking and Self-Harm Inventory for Adolescents (Vrouva et al, 2010) and the surveillance version of the Youth Quality of Life Instrument (Topolski et al, 2001).
Results: The results show that adolescents tend to more than one harmful behaviour. The most prevalent RT behaviours are taking chances while doing one's hobbies, smoking tobacco, cheating and alcohol use/abuse. The most frequent SH behaviours are self-demeaning thoughts and behaviours, pulling one's hair out and suicidal ideation. Boys reported higher RT behaviours than girls. Later adolescence shows an increased involvement in RT and SH behaviours. Adolescents who engage in more RT behaviours tend to endorse lower levels of QoL than those who do not engage in RT.
Conclusions: Gender and age seem to influence the expression of RT and SH behaviours. This study highlights the importance of prevention programs involving the promotion of health and safety behaviours in young people.

ACUTE INTOXICATIONS IN ADOLESCENCE: THE EVOLUTION THROUGHOUT THE YEARS

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Introduction: Adolescence is a complex phase of human development, characterized by new experiences, and therefore in which teenagers are particularly vulnerable to substance use. The profound changes that adolescents undergo during this period may cause pain, and consequently depression and suicide can be quite common.
Aim: To characterize acute intoxications in adolescents hospitalized in the Department of Pediatrics of CHTMAD and its evolution over the years.
Methods: Retrospective analysis of clinical files of adolescents hospitalized with a diagnosis of acute intoxication in the period between September 2005 and February 2013.
Results: There were 116 admissions, 50.9% male, with an average age of 14.7. There was a gradual increase in the number of cases per year, with a maximum of 24 cases being registered in 2011. Most intoxications (50.9%) occurred in the afternoon. Consumed substances included alcohol in 51.7% (41 men: 19 women), drugs in 32.8% (5 men: 33 women), legal psychoactive substances in 5.2% (6 men: 0 women), cannabis 4.3% (4 men: 1 women) and other 6%. The reason most often mentioned for consumption was the presence at parties (56%), followed by family related problems (19.8%). 58.6% were instructed to outpatient services. There was a subsequent intoxication in 5.2% and seven adolescents had teenage pregnancy.
Conclusions: There is a clear increase in the number of cases along the years, mainly at the expense of an increase in ethylic intoxication. The consumption ratio of female/male in regards to alcohol and drugs remains similar to other series. The high percentage of adolescents who reported family related problems should lead us not to overlook their subsequent follow-up,

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

URINE COLLECTION BY BAG IN YOUNG CHILD

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Background: Urinary tract infection in children has high prevalence and serves as a marker for abnormalities and also can lead damages such as hypertension and chronic renal failure. Nurses use collection bag method and need evidence about precise length of stay of collection bag and their influence on the result of urine culture.
Objectives: To check if there is difference between the different residence times of collection bag after sterile perineum and results of urine culture in order to support scientifically nurse's protocols.
Methods: It is a quantitative and quasi-experimental study applied to 58 children up to 36 months, with suspected urinary infection; there is a control group (N = 26) in which collection bag stays less than 30 min. and an experimental group (N = 32) in which collection bag stays until 60 min. Data collection in a table was socio-demographic variables and nurses interventions related to urine collection.
Results: The result of first urine culture shows that time of 30 min, 45.5% were positive, while 31 to 45 min only 18.2% and 46 to 60 minutes 36.4% had this result. We concluded that residence times of collection bag, after sterilization of perineum of children, differing from 30, 45 and 60 minutes, did not influence the results of urine cultures.
Conclusions: Urine collection by collection bag is the most used method by high negative predictive value. It is a nurse's intervention in pediatric field. Results shows that the residence times of collection bag, after sterilization of perineum, till 60 minutes, did not influence the results of urine cultures. As implications for clinical practice it will be less nurse's interventions to clean perineum what is a benefit to the child, ensure quality in nursing care and also means health gains.

STOP OBESITY: AN ACTION-RESEARCH PROJECT

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Introduction: Pediatric obesity reached epidemic proportions, being urgent the implementation of community-oriented health promotion dynamics and adequate responses to the needs of population.
Goals: The main objective of this project promoted by the Central Regional Section of Ordem dos Enfermeiros (Portugal) was to develop an intervention able to achieve health gains, decrease the prevalence of obesity by improving the indexes of physical activity and the dietary pattern of children.
Methods: This action-research project took place during 2 years and was structured in 2 main phases: Phase 1: training sessions and realization of situation diagnostics (baseline evaluation); Phase 2: intervention project and health gains assessment. The total sample was composed of 887 children, 7 to 13 years, involving 8 health care units and 15 nursing professionals (trainees).
Results: In the situation diagnoses, the prevalence of overweight children varied depending on the region, being the least 27.6% and the maximum 40.9%. It were identified several behavioral aspects associated with overweight, as dietary pattern, physical activity and family influence. During the study, the intervention were targeted for 555 children. There was a 5.1% reduction in the prevalence of overweight and the effectiveness of the intervention program were noted in the consumption of vegetables, fruit, sweets and "fast-food". It was also observed a positive development with regard to physical activity and reduction of sedentary lifestyle.
Conclusions: This study underlines the importance of the combination of multiple intervention strategies as diet, exercise, behavioral change, lifestyle modification and social support involving peers and family, based on rigorous methodological designs.

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

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Introduction: Adolescent obesity is a major health problem, being urgent to find effective interventions that induce behavioural change. The inclusion of ICT (Information and Communication Technologies) in the intervention may improve adolescents' adherence to weight management and lead to the adoption of healthier lifestyles. We are going to describe the design and rationale of a controlled trial that aims to determine the effectiveness of an intervention program where ICT has been incorporated (Next.Step).
Methods: The study was designed as a clinical trial with a control group. Participants were selected (according to the criteria for inclusion and exclusion) from the list of patients followed at a Paediatric Obesity Clinic. Sample size was calculated according to the power analysis. The experimental group will follow the standard treatment protocol and receive free access to the e-therapeutic platform. The control group will follow the standard treatment protocol and join a waiting list. Next step, based on case management methodology, includes a diverse set of resources, such as educational and motivational tools, self-monitoring, social support and interactive training modules. Intervention length will be 36 weeks (24 weeks of direct intervention with a follow-up of 12 weeks).
Results: The results will be presented according to the CONSORT (Consolidated Standards of Reporting Trials). The results will promote reflection on new approaches directed to treat adolescent obesity and to promote healthier behaviours.
Conclusions: We expect to gather empirical evidence of the intervention program effectiveness. The expectations lie on the population health gains, empowerment in decision making and adoption of healthier lifestyles.

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

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

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treatment adherence to weight control (TAWC) and the risk of non-adherence (RNAWC) in adolescents.
Methods: Participants (n = 93) were adolescents from the Paediatric Obesity Clinic at Hospital de Santa Maria, Lisbon (Portugal), aged between 12 and 18. The initial item pool of items was derived from the literature review (Nola Pender's Health Promotion Model), the content of the current existing questionnaires on health behaviours, and the results of an expert panel. The items were distributed across two dimensions: Treatment Adherence to Weight Control (TAWC) and Risk of Non-Adherence to Weight Control (RNAWC). The instrument's reliability was checked, calculating Cronbach's Alpha for the whole test as well as for each subscale. An exploratory factor analysis (EFA) was used to examine the factor structure of both scales.
Results: Both scales presented good reliability values (TAWC = 0.905; RNAWC scale = 0.774). Statistical analyses yielded a one-factor solution to RNAWC and a four-factor solution for TAWC (SEA- Self-Efficacy & Adherence behaviours; PPI- Parents & Providers Influence; FSI- Friends & School Influence; PB- Perceived benefits). Convergent and discriminant validity of TAWC and RNAWC were also checked.
Conclusions: Results showed that this measure of adherence to weight control has adequate psychometric properties, being an innovative and practical instrument to support investigation / clinical practice.

ACCIDENTAL INTOXICATION IN CHILDREN: EVOLUTION THROUGHOUT THE YEARS

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Introduction: Accidental intoxication is still an important public health issue that represents a frequent cause of admission in the emergency department.
Objectives: To characterize the pattern of accidental intoxication in children admitted in CHTMAD's emergency department - Vila Real Unit, and to analyze its evolution throughout the years.
Methods: Retrospective analysis of clinical files of children under 10 years of age admitted in the emergency department between January 1st 2003 and December 31st 2012.
Results: During the study period there were 121 admissions: 58% male and 42% female. Most cases were verified in 2 years old children; and June was the month during which most cases occurred. The greatest number of cases was registered in 2012. Only 5 cases happened in a school environment. Prescription drugs and cleaning products were the main substances involved. Eleven children required referral to Pediatric Gastroenterology due to the need of upper gastrointestinal endoscopy. There were no late sequelae or deaths registered.
Conclusions: Our analysis has shown that accidental intoxication in children is still a frequent cause of admission in the emergency department and a significant cause of morbidity. Parental and home safety education is still a crucial factor in improving this reality.

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

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Introduction: Schools have attracted attention for their potential role in the promotion of healthy behaviors.
Objectives: To analyse the relationship between physical fitness and body composition levels and blood pressure (BP) variations among school-aged children and youth.
Methods: Ninety-one students (49 males and 42 females) from two schools of the Northwest of Portugal aged from 12 to 13 years (n = 39), 14 to 16 years (n = 25), and 17 to 18 years (n = 27) voluntarily participated in a cross-sectional study. All were evaluated on systolic BP (SBP), diastolic BP (DBP), body mass index (BMI), waist circumference, body fat percentage, and five independent FITNESSGRAM® physical tests (shuttle-test, curl-ups, push-ups, shoulder-stretch, and sit-and-reach). Statistical associations were examined with chi-square test and stepwise multiple linear regression analysis.
Results: We reported high prevalence of hypertension (BP > 95th percentile) and pre-hypertension (BP 90th to < 95 th percentile) in ages 12 to 13 years (41%), ages 14 to 16 years (36%), and ages 17 to 18 years (18.6%). There were significant associations between shoulder-stretch and SBP from 17 to 18 years ($p = 0.012$), and between BMI and SBP in ages 14 to 18 years ($p < 0.05$). Changes in SBP were related to curl-ups in ages 17 to 18 years ($r2 = 0.37$), and to BMI in ages 14 to 16 years ($r2 = 0.29$), and 17 to 18 years ($r2 = 0.34$). Changes in DBP were related to BMI in ages 14 and 16 years ($r2 = 0.55$), and 17 to 18 years ($r2 = 0.22$).
Conclusions: Physical fitness levels exhibited a minor influence on BP; in contrast, high BMI is consistently associated with high BP in ages 14 through 18 years. Students between 12 and 18 years of age with low levels of physical activity are more likely to suffer from prehypertension and hypertension.

THE HELP RELATIONSHIP IN PAEDIATRICS: PARENT'S PERSPECTIVE

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Context: Taking care in paediatrics is based on a very specific philosophy which privileges help Relationship. Knowing the perception that parents have on the Help Relationship set up by nurses on the paediatrics service is indispensable in the search for knowledge and to acquire the skills to establish a Help Relationship with the child/adolescent/family, based on regard, congruence and empathy.
Objectives: To evaluate the perspective of the children/adolescents' family on the role of Help Relationship with the nurses that take care of them; to verify the influence of sociodemographic variables in the parents' perception on the Help Relationship.
Methods: A study of quantitative, transversal, descriptive and co-relational nature, carried out in a non-probabilistic sample, formed by 203 parents that accompanied their children to the paediatrics service. The instrument for collecting data included a questionnaire for socio-demographic characterization of the sample and the Barrett-Lennard Interpersonal Relationships Inventory, version OS-40.
Results: Level of regard and unconditionality are perceived by mothers in a very positive way, whereas fathers value empathic understanding and congruence. Higher average scores were obtained by parents between the ages 29-35 in all dimensions, except for congruence. Parents living in urban areas got higher scores in what respects Help Relationship. In the newly-born unit higher average scores were observed in all dimensions and in the paediatrics unit the average scores were lower.
Conclusions: The parents of hospitalised children/adolescents have a positive perception on Help Relationship. Level of regard and empathic understanding got higher scores, followed by congruence and, with the lowest score, unconditionality.

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

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Introduction: The juvenile diabetes has great importance to public health,as it increases infant morbidity and mortality. Through stringent measures for intervention and prevention, based on health promotion, we can stop this increase.
Objectives: Describe empirical studies on nursing interventions for health promotion of children/adolescents with diabetes, that improve disease control and quality of life.
Methods: A systematic review was conducted. The research question and the definition of criteria for inclusion and exclusion of primary studies were based on the PICOS method. The research question was: Which are the strategies/interventions of the Specialist Pediatric and Child Health Nurse as health promoter of children/adolescents with Diabetes? The descriptors used: Child* OR Adolescent, Diabetes, Family, nurse*, health promotion OR nursing intervention OR nursing strategy OR health education. The data sources included bibliographic databases: PubMed, Medline, CINAHL and B-on, in the last 7 years.
Results: The search resulted in 184 studies, of which 6 matched the inclusion criteria. Interventions demonstrated results on glycemic control, reduction in HbA1c levels and/or improving the quality of life of children/adolescents: school visits, implementation of case management programs, interviews to groups of adolescents and especially the educational interventions, namely health education and teaching sessions in schools (healthy eating, physical exercise, self-management and general information of the disease and treatment).
Conclusions: The role of pediatric nurses in school intervention is very important. Overall, the described strategies include health education, contributing for improvement of eating habits and regular physical exercise, with positive results in health and in HbA1c levels.

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

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Introduction: The Health Education field extends beyond information (Oliveira, 2005). Thus, health education involves intervening and (re)thinking with others the best strategies for health promotion at various levels.
Objectives: To present the results of a preliminary diagnosis conducted by the Portuguese League of Social Prophylaxis, under the Smiling for Health Project, which is oriented to identify the eating and oral habits of 168 children aged between 9 and 16, living in the AMP geographical area. This study, that also includes the social-familiar background analysis, aims to contribute to a deeper understanding of children and adolescents primary health care practices' as well as it intends to reinforce more effective health education strategies based on multidisciplinary approaches.
Methods: The results were obtained by a diagnosis made by: i) share-action (performed in moments of pedagogical intervention), ii) medical observation (nutrition and oral health screenings) and iii) questionnaire on eating and oral hygiene habits'. Statistical analysis was performed using SPSS for Windows 19.
Results: The results revealed the high prevalence of overweight (43.6% between a shorter sample of 72 cases) and daily oral hygiene practices (83.3%), that promote health in most cases, despite the still significant weight percentage of children and adolescents without daily oral hygiene habits (16.1%) and the prevalence of oral problems (67.09%).
Conclusions: The study shows the need to rethink paradigms and to consolidate health education practices. It seems essential to support these practices on rights rather than on needs, which should reflect the shared investment of different public and political stakeholders in promoting the development of sustainable strategies.

EDUCATION AND CARE IN SCHOOLED DIABETIC CHILDREN AND ADOLESCENTS

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Introduction: IDF and ISPAD report that education is the keystone for Diabetes care, and that structured diabetes self-management education is the key for a successful outcome.
Objectives: 1. To determine the socio-demographic and clinical data of diabetic children and relatives. 2. To collect information about the education and care of diabetes in children and adolescents.
Methods: Descriptive and correlated quantitative multicentre study with a non-probability convenience sample of 268 children and adolescents, from Portugal and Spain, attending primary and secondary schools. The evaluation protocol included a questionnaire of socio-demographic, family and clinical data and several questions about diabetes education, namely the opinion about an internet educational program.
Results: On average Portuguese diabetics were older than the Spanish with differences statistically insignificant. In both countries, males with diabetes diagnosed for longer than five years, are prevalent. Most of them did not use insulin pump and more than half of them did insulin self administration and praticed exercise. The educational process ranged from less than 1 day and 3 to 5 days. Doubts and difficulties focused on adherence to diet and insulin administration. They had a favourable opinion about the usefulness of an internet educational program to learn about diabetes.
Conclusions: The results enhance the need to consider the improvement of children's knowledge and training for Health Promotion in general, and in Diabetes in particular. Thus, an educational program on the internet can be an important resource in this context.

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

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

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their own growth charts. In 2012 was developed a percentile curves for waist circumference for Portuguese adolescents.
Objectives: This study compared the criteria classification for waist circumference curves established for Portuguese adolescents with abdominal percentile table for teenagers Americans and Europeans.
Methods: The sample consisted of 966 students the region of the Algarve, being 45.2% of masculine gender and 54,8% of gender females, aged between 10 and 16 years (12.2 ± 1.5). The values of waist circumference were related to waist circumference percentile table for Portuguese adolescents (Sardinha et al, 2012) and for European American adolescents (Fernández, 2004).
Results: The waist circumference classification of Sardinha and Fernández showed a prevalence of 24 (2.5%) and 18 (1.9%) students with thinness, 545 (56.4%) and 569 (58.9%) with normal weight, 182 (18.8%) and 223 (23.1%) with overweight and 215 (22.3%) and 156 (16.1%) with obesity, respectively. Of the 24 (100%) students with thinness classified by Sardinha's table 11 (45.8%) were classified as thin, 12 (50%) with normal weight and 1 (4.2%) with overweight by Fernández. Of the 182 (100%) students with overweight by Sardinha classification, 140 (76.9%) revealed overweight and 42 (23.1%) normal weight by Fernández table. Of the 215 (100%) students classified as obese by Sardinha's table, 152 (70.7%) showed obesity, 59 (27.4%) overweight and 4 (1.9%) normal weight ($k = 0.732$; $CI = 0.36\text{-}1.1$; $p < 0.001$).
Conclusions: The new waist circumference reference data established for Portuguese adolescents have a good agreement with previously used in European and American population.

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

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Introduction: Various studies show that a good teacher-child relationship promotes the child's emotional, social and cognitive development, especially in the early years of schooling for children with difficulties adjusting to school.
Objectives: The aim of this study is to investigate and compare the class teacher and the support teacher's perceptions of the relationship formed with pupils with autism spectrum disorders (ASD) attending infant school or the first three grades of primary school.
Methods: Fourteen classes were involved in the study. One child with autistic spectrum disorder was present in each class. For each class, four typically developing children were drawn, for a total of 56 pupils. For each class, two female teachers were involved: the regular class teacher and the support teacher. The relationships were investigated using the Student-Teacher Relationship Scale (Pianta, 2001).
Results: The class teachers' perception of relationship with ASD pupils and typically developing children is different. Relationships with ASD children are characterized by higher conflict levels ($t = -3.317$; $df = 14.931$; $p < .01$) and lower closeness scores ($t = 5.638$; $df = 65$; $p < .001$). Support teachers report higher levels of closeness and lower levels of conflict, if compared to their colleagues who work with the class group.
Conclusions: The results seem to underline a deeper sensitivity and attention by the support teacher towards children with ASD, if compared to the class teacher, who has to manage the whole group of children. The support teacher can favor the establishment of a more positive relationship with the curricular teacher and the other classmates, thus promoting the autistic child's well-being within the classroom.

QUALITY OF LIFE OF SIBLINGS OF CHILDREN/ ADOLESCENTS WITH AUTISM

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Background: In a national context, studies conducted in the field of quality of life of siblings of children / adolescents with autism are scarce, which reinforces the relevance of new research in order to realize, on the one hand, what is the real impact it has on an autistic child within the family and, on the other, so that one can develop new strategies of action in order to mitigate these effects. In this assumption, the present study aims to: understand the quality of life of siblings of children/adolescents with autism and determine associations between sociodemographic, family and psychosocial variables and different areas of the same QoL.
Methods: This is a non-experimental, descriptive and cross-sectional study of a triangulated nature, attended by 68 siblings of people with autism enrolled in the APPDA-Viseu. For the variables measurement a questionnaire was used in order to collect information on sociodemographic data and a scale to assess quality of life in children and adolescents (Portuguese version of the Kidscreen instruments).
Results: Of the analysis made we concluded that the QoL of siblings of children/adolescents with autism is very satisfactory ($M = 67.51$) for the majority, being the highest values linked to the dimensions, provocation, economic issues and general mood. In contrast the aspects most affected are the leisure time, friendships and school environment. We also verified that the global QoL is higher in boys between 7 and 12 years, attending the 1st and 2nd cycles of Education, whose knowledge was given by elements other than the parents and those who do not feel disadvantaged.
Conclusions: The evidence found in this study confirms the multiplicity of factors involved in QoL: they invite us still to reflect on new strategies that allow us to obtain a better understanding that facilitates the establishment of intervention programs, of training and information, aimed at promoting the quality of life of these subjects.

FOOD HABITS OF ADOLESCENTS

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Aiming to evaluate the prevelance of obesity and get acquaintance with the food habits of adolescents in 2 secondary schools of Bragança, and to analyse the differences in food habits between obese and non obese.
Methods: We developed a descriptive and cross-sectional study in a sample of 281 adolescents.
Results: 68.30% of the adolescents have normal weight (BMI < percentile 85), 24.9% have excess of weight (BMI percentile > 85 < 95) and 6,8% are obese (BMI > percentile 95). Results show that most of the adolescents have few meals in a day, have consumption of fat rich products (chips 9 and carbohydrates and they mainly have their meals at home or at the canteen. The family is who most influences their food, while the influence of health professional (nurse or doctor) has less expression. The majority of the teens, 70.46% considers itself as normal weighted, 18.86% think they are fat and 10.68% think themselves as being thin. Results also show that 53.93% of the adolescents with excess of weight or obese, think themselves as being normal; 44.94% say that they are fat and 1.12% say that they are thin. The ones who are non obese,

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78.13% consider themselves as normal, 15.10% think they are thin and 6.77% think they are fat.
Conclusions: We concluded that more actions in education for health and intervention in this group of population is needed.

RISK BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

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Background: During the transition from childhood to adulthood, adolescents establish patterns of behaviour and make lifestyle choices that affect both their current and future health.
Objectives: The objective of this study was to determine the prevalence of risk behaviours in a sample of adolescents.
Participants and methods: A sample of 309 adolescents (66.9% female gender) aged 12 to 19 years old, attending a public school in Sátão, Portugal, was enrolled in this cross-sectional study. A self-administered questionnaire with questions about adolescent socio-economic status and risk behaviours was answered by adolescents in the classroom. Prevalence was expressed in proportions and compared by the Chi-square test.
Results: The prevalence of affirmative response to the question "Do you consume alcoholic beverages?" was 36.9%, higher among the male (42.1% vs 34.2%, $p < 0.01$). The prevalence of consumption of sugary beverages was 89.9%. The prevalence of smoking habits among adolescents was 32.6%. Forty-four point three percent refer not eating vegetables daily, while 34.7% do not eat fruit daily. When assessing physical exercise, 53.6% of the adolescents refer no sports practice, higher among the female gender (70.5% vs 34.6%, $p < 0.001$). The prevalence of insomnia was 18.6%, lower in adolescents under 16 years old ($p = 0.04$). The prevalence of difficulty initiating sleep, difficulty maintaining sleep, early morning awakening with difficulty getting back to sleep, non-restorative sleep was 9.7%, 4.3%, 4.0% and 7.0%, respectively.
Conclusions: We found a high prevalence of risk behaviours among adolescents. Health promotion behaviours should be considered in school programs in order to decrease the risk of development of diseases during adolescence and adulthood.

SOCIAL ANXIETY IN ADOLESCENCE: PREVALENCE AND IMPACT

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Introduction: The nature of social phobia (SP) makes it difficult for adolescents and their caretakers to seek professional help, therefore leaving them unnoticed and unattended. Few studies in Portugal have addressed the prevalence and impact of high social anxiety (SA) in adolescents.
Aims: This study aimed to address the prevalence of high SA in an adolescent community sample (CS) and the impact and comorbidity in adolescents with high SA in a CS and clinical sample.
Methods: Prevalence rates were calculated using progressively more restrictive and cumulative criteria based on social anxiety, avoidance and disability in a sample of 1.154 portuguese adolescents of the general population (Age: M = 15.73; DP = 1.32). Adolescents with SP (N = 37) and adolescents with other anxiety disorders (OAD) (N = 25) were compaired. All subjects completed measures of social anxiety and avoidance (SAASA), disability (SDS), and depression (CDI). Adolescents with SP and ODA were also assessed for quality of life (QL) (KidScreeen-27), comorbidity (ADIS-C), and interference percieved by the parents (SDS-P).
Results: In the CS, 13.2% presented significant levels of SA; 8.8% also showed significant social avoidance; 6.6% fulfilled the two previous criteria and also reported significant disabilty, 74% of which presented significant depressive symptomatology. Compaired with OAD, adolescents with SP reported significantly lower QL, significant impairment in social and academic performance due to SA, and higher comorbidity. Interestingly, parents and adolescents agreement on SA interference was low to very low.
Conclusions: SP is a high prevalent disorder in adolescence and its impact is significantly higher than that of OAD. Despite its tendency to go unnoticed, it should deserve our full attention.

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

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Introduction: Type 1 diabetes is a highly prevalent chronic disease with a complex daily management. Patient understanding and participation is vital in the treatment of diabetes, as blood glucose levels change and must be monitored throughout the day. In a disease like the type 1 diabetes, whose treatment requires the individual to gain a variety of self-management behaviours and the ability to perform calculations, essential in the determination of insulin, numeracy levels are decisive for the success of therapies and metabolic control (White, Wolff, Cavanaugh, & Rothman, 2010).
Objectives: Assess the relationship between health literacy and metabolic control in patients with type 1 diabetes.
Methods: This is a quantitative descriptive and correlated study with a non-probability convenience sample of 61 patients with type 1 diabetes. The evaluation protocol includes sociodemographic and clinical questionnaire and the test Newets Vital Sign (Santos, 2007).
Results: We found that the health literacy influences significantly the metabolic control ($p = 0.000$) and that 44.3% of the diabetic patients had low levels of health literacy.
Conclusions: The results enhance the need to consider the health literacy in the study of the adherence to the treatment. Chronic illness presumes specific experience, in that it does not disable but requires daily health care because of the incapacity it may cause. The individual cannot get rid of the illness and its existence, being left with the agency, which is represented in various strategies to integrate the chronic illness in his daily life.

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

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Introduction: The epidemic of obesity and overweight are two of the greatest challenges of the 21st century.
Objectives: The aim of the study was to investigate the situation of the problem of obesity and overweight in 8-9 years old Italian children.

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Methods: Using data of the surveillance system OKkio alla SALUTE that is part of the WHO European Childhood Obesity Surveillance Initiative we compared the situation of childhood obesity and overweight among third-grade school-children between 2008 and 2010 in the Italian regions.
Results: In 2010 the prevalence of overweight and obesity were less than in 2008 but over 30% (22.9% obesity and 11.1% overweight). A great interregional variability were in place among the regions and higher prevalence were in the Center and South of Italy. Both for obesity and overweight Campania Region had higher percentage (20.5% obesity and 27.9% overweight). With respect to 2008, in 2010 each Northern and Center region, except in Veneto (+6.5%), registered a decrease of levels of overweight while in Southern region except in Sicilia (−4.1%) the rate was rising. Considering the difference in the prevalence of obesity in the same years (2008-2010), there was a reduction in all Southern regions except Basilicata and Sardinia but the levels were higher than in the North.
Conclusions: The prevalence of overweight and obesity were too much high in Italy. A fundamental policy shift is required to widen responsibilities to improve the prevention of such problems through a change in lifestyle (i.e diet and physical activity).

TEEN DATING VIOLENCE: PREVALENCE AND HEALTH IMPAIRMENT

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Introduction: Teen dating violence (TDV) is defined as a pattern of actual or threatened acts of physical, sexual, and/or emotional abuse, perpetrated by an adolescent (between the ages of 13 and 18) against a current or former dating partner. TDV can cause short or long term health impairments and increases the risk to be victimised by intimate partner violence in adulthood.
Objectives: To give an overview on prevalence and health impacts of TDV in and outside Europe.
Methods: In 2012, a literature search was conducted in EMBASE (incl. MEDLINE), CINAHL, PsycINFO, SSCI and The Cochrane Library to find publications focused on prevalence and/or health consequences of TDV. Terms for TDV, prevalence, measurement instruments, and health consequences were used. Additional literature was found via internet. Studies were included, if written in English or German language and covered the group between 12 and 18 years of age.
Results: In total 798 publications were found. Title and abstracts were screened for relevant studies. 27 studies on prevalence and health impacts of TDV could be included. Of these studies, 2 were reviews, 5 analysed TDV in Europe and 20 studies came from outside Europe. In Europe, estimated prevalence for physical violence ranged between 18 to 25%, for psychological violence between 51 to 72% and for sexual violence between 16 to 31%. Outside Europe, physical violence was estimated between 9 to 55%, psychological violence between 19-89% and sexual violence between 4 to 46%. Health consequences of TDV included injuries, haematomas, bruises, fractures, increased substance use, unhealthy weight control, sexual risk behaviour, STD, unwanted pregnancy, school problems, low self-esteem, negative self-perception, low social competency, depression, anxiety, PTSD and suicidality.
Conclusions: Due to different study designs, definitions, age groups and measurement instruments, prevalence numbers show a wide range and cannot be compared. A consistent approach could insure comparability. Further studies are needed to reveal the great impairment. TDV is a widespread and serious Public Health problem calling for comprehensive prevention.

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

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Introduction: Tuberculosis is a serious public health problem. In the pediatric group measures and control policies of infection have been limited by the difficulty in diagnosis and in the absence of a consensual definition.
Objectives: To determine the prevalence of latent tuberculosis infection (LTI) in people who contacts with tuberculosis patients.
Methods: It is a retrospective, descriptive and cross study to patients followed in Center Pneumologic-Viseu in the program "Following people who contacts with tuberculosis patients". The study sample consisted of 77 individuals with 0 to 18 years-old (exclusive) from 2010 to 2012 who were in contact with pulmonary tuberculosis patients. To collect data were analyzed all records computerized. The majority (54%) were male, mean age of 9.25 years ± 4.95 years. The males' age were superior than the females (10.0 vs 8.31; $t = 1.567$, $p = 0.121$). The majority (62.2%) belonged to the age group of 5-15 years and 23.2% to 1-4 years. 97.4% were Portuguese. As for the relationship with the index case, 59.7% were relatives and 32.5% lived with the patient. Of the 77 individuals only 5.2% had symptoms (cough and phlegm) and 2.6% had comorbidities (asthma). Disadvantaged socio-economic conditions were registered in 14.3%. We used the chi-square test in SPSS 20.0.
Results: 24.7% did Interferon Gamma Release Assays (IGRA), which was positive in 84.2% (16 cases). 24.7% did chemoprophylaxis and 26.3% stopped this treatment. We found a relationship between socio-economic disadvantage and positive Quantiferon ($p = 0.047$). The IGRA had a sensitivity of 100% and specificity of 75% with an accuracy of 94.7% ($K = 0.826$; $p = 0.00$).
Conclusions: IGRA tests are a first breakthrough in search of better diagnostic tests representing a more effective control of the disease.

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

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Introduction: Alcohol is the most consumed controlled substance by young people. According to the ESPAD (2011) report, 87% of students had already consumed alcohol during their life span, and 81% of students consider being easy or even very easy to obtain alcoholic beverages, mainly consuming beer and distilled beverages. Nearly half of the young people drank to inebriation having a tendency to binge drink.
Methods: This is a quantitative study. The objective is to categorize some alcohol drinking habits of students between ages 12 and 21 years old, from the District of Beja (Portugal). Information was gathered via a questionnaire created for that purpose and validated by external experts and pilot testing. 501 questionnaires were validated from 8 schools. Data analysis in SPSS includes central tendency, dispersion and association methods.
Results: Issues were analyzed in two dimensions: socio-economic and consumer habits. About 93% of students have already consumed

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

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

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

A FOLLOWUP STUDY OF EARLY CHILDHOOD DEPRESSION

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Introduction: Clinical experience has shown that toddlers and preschoolers develop depressive disorders. To date, systematic research on clinical depression in early childhood has been very limited, and so has the literature on the future impact of this disease at an early age. Longitudinal followup studies are important to clarify if there is a continuity between these and the later forms of depression in latency and adolescence, in order to sustanciate the need for early intervention programs.
Objectives: 1. To characterize the population of children observed from 2000 to 2005 in the Hospital Dona Estefânia's Infant Mental Health Unit (UPI) with the diagnosis of Early Childhood Depression. 2. To assess these children's current situation, five to ten years after diagnosis and therapeutic intervention. 3. To assess the carers'degree of satisfaction regarding both service and intervention at UPI.
Methods: We selected the population of children observed in first consultation between January 2000 and December 2005 at UPI with a diagnosis of Depression according to the diagnostic classification system DC: 03. The demographic and clinical characterization was carried out by consultation of the relevant medical records in the UPI's database and archive. To evaluate the current clinical status and functioning of children, an adapted semistructured questionnaire was designed as a followup form, which was completed by telephone interview with the main caregivers.
Results and conclusions: 1. There was a predominance of male children and in the second year of life, as in UPI's global clinical population; therapeutic consultation was the most common treatment option. 2. Half of the caregivers expressed concern about the daily functioning (mild to moderate difficulties, predominantly at school). However, most children were described as being currently improved in all areas. This can be a positive effect of early intervention in a critical period, although it may also be due to other factors not evaluated in this study. 3. All caregivers expressed satisfaction regarding UPI's service, which can be attributed to the characteristic type of intervention in this Unit, of close partnership between professionals and families.

NONSUICIDAL SELF INJURY IN ADOLESCENTS: A CLINICAL SAMPLE

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Introduction: Suicide is the second external cause of death in teenagers in Portugal. Nonsuicidal selfinjury (NSSI) is an important risk factor, since it means crossing the line between ideation and suicidal acts. There are several types of NSSI. Most of them are impulsive acts, triggered by relational problems and often associated to Axis I diagnosis (DSMIVTR). The importance of the contagion effect among teenagers has been studied, given the frequent social sharing of this experience. Since adolescents have high rates of selfinjurious behavior and thoughts, characterization of NSSI is essential in the assessment of suicide risk in this group.
Objectives: To characterize a sample of adolescents with NSSI, observed in Hospital Dona Estefânia's outpatient service, in terms of demographic data, risk factors, call for help, type of NSSI and online sharing of these behaviors.
Methods: Literature review, selection of variables, clinical files review for data collection and statistical treatment (SPSS).
Results: There was a predominance of females, under 15 years old, from reconstituted families. Depression is the most common diagnosis in adolescents and parents. Cluster B personality traits were common. Selfinjuries were mainly selfinflicted cuts, as a form of relief, premeditated, triggered by family problems, and without any call for help. The mean time between the beginning of NSSI and the first psychiatric assessment was 6 months, and current or previous exposure to these behaviors was common.
Conclusions: The profile of the teenager with NSSI in our outpatient service is a girl under the age of 15, from a reconstituted family, with depressive disorder and Cluster B personality traits, with selfinflicted cuts as a form of relief, triggered by family conflicts. Search for mental health services is a family decision and does not correspond to a request from the adolescent.

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

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Introduction: One of the most incriminating in human life is the occurrence of an unexpected cardiac arrest. Despite advances in the field of cardiopulmonary resuscitation, the risk of death remains between 50-80% (Buist et al, 2002). The increased survival rate of a patient in cardiac arrest depends on the timing of the start, the local maneuvers Basic Life Support, until the arrival of rescue more differentiated. Early access to the Integrated Emergency Medical System (IEMS) is therefore a decisive stage.
Methods: This study sought to understand the ability of children 6-10 years old**:** recognizing a person unresponsive to stimuli and unventilated; accurately identify their place of residence; indicate the national emergency number. The research was conducted in a group of schools in the district of Portalegre (Portugal), students in 9 classes from basic education, a total of 122 students. For data collection we designed a questionnaire, applied in between 11 and 15 June 2012.
Results: The results point to an illiteracy on evaluative component in response to stimuli and ventilation presence. Most students reveal not able to distinguish whether it is the presence of a sleeping person or someone who does not ventilate. Students participating in the study, mostly, do not know their full address. The national emergency number is unknown by most students.
Conclusions: These results show the urgent need to empower students ages these skills to the drive level of IEMS and early recognition of unconsciousness and lack of ventilation person. It is suggested, accordingly, that teachers are adequately prepared to train students in these skills, decisive to increase survival rates in the event of cardiac arrest.

CARDIOVASCULAR RISK FACTORS IN ADOLESCENT STUDENTS

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Introduction: Cardiovascular diseases are the leading cause of death and morbidity in the Western world. The risk factors of these diseases are identified, but the monitoring thereof in adolescence is still very scarce. In this context, the main objective of the study is to assess the prevalence of cardiovascular risk factors and to determine the relationship between socio-demographic and family and cardiovascular risk.
Method: Are participated 305 Portuguese adolescents, with a mean age of 15.38 years. The measurement of anthropometric and clinical indicators was performed with validated instruments to measure and measured.
Results: 61.8% of students recognized that the add salt to food after the cooking process;-almost half of the adolescents have incorrect eating habits;-more than half of the adolescents have high levels of physical exercise;-more than half of the respondents have already smoked, of this half, almost one third of them smoke regularly;-the girls present higher levels of stress (related to school evaluations and familiar relationships);-the blood glucose and cholesterolemia is normal in practically every student in the sample;-the cardiovascular risk is greater when progenitor's have a lower level of education and when the adolescents live with family members that don't practice sports.
Conclusions: These results unequivocally present the necessity of educational and health professionals to involve themselves and promote a healthy lifestyle. The health practitioners should use infantile and juvenile health centers to sensitize parents with the factors of cardiovarcular risk and elucidate them with how to minimize these factors. A periodic evaluation of modifiable risks should be controlled, indicating bio-metric and clinical vigilance.

2. SEXUAL AND REPRODUCTIVE HEALTH — EDUCATION POLICIES ON SEXUALITY AND SEX EDUCATION

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

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Introduction: Associations of lower school connectedness have been seen with adolescent sexual risk behaviours, but not much is known about gender differences with respect to these associations.
Objectives: To examine association of an established measure of school connectedness with a range of sexual risk behaviours separately by gender in high school students in Nova Scotia, Canada.
Methods: We used provincially representative data collected cross sectionally from 1415 sexually active Nova Scotia students in grades 10 to 12 to determine whether lower school connectedness was associated with lack of condom use at last vaginal intercourse, multiple partners over the past year, having unplanned vaginal sex while intoxicated over the past year, and for females, not having effective contraception at last intercourse.
Results: In males lower school connectedness was significantly associated with two sexual risk behaviours - having two or more sexual partners in the previous year (OR 1.07; 95% CI 1.01-1.13) and having unplanned intercourse due to substance use (OR 1.08; 95% CI 1.02-1.15). No associations of lower school connectedness and sexual risk behaviours were seen in females.
Conclusions: These results further understanding of the role of school connectedness in adolescent sexual risk behaviours, demonstrating that gender differences exist**:** school connectedness may be a more important construct for boys than for girls in this area of adolescent health. These findings should lead educators to consider such factors when designing interventions meant to maximize youth sexual health through school based interventions.

INTELLECTUAL DISABILITY AND THE LEVEL OF KNOWLEDGE ON SEXUALITY

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

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

THE IMPACT OF A SEX EDUCATION PROGRAM FOR STUDENTS OF 2ND AND 3RD CYCLE OF BASIC EDUCATION

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Introduction: This research aims to identify the needs of students of basic education on sexuality and sex education (SE) and, from these, to develop their skills in order to promote a healthy sexuality.
Methods: To understand the students' conceptions and needs concerned with human sexuality and SE, we developed a questionnaire for the second and the third cycle of basic education students attending an Oporto school. Questionnaire was filled in online by 397 students (192 females and 205 males). The data obtained were taken into account when developing a SE program applied to 6th, 7th, 8th and 9th grade students, by the school teachers. After the program we applied a questionnaire, which was filled in on paper by 112 students (60 females and 52 males), in order to ascertain the changes occurred. Both questionnaire results were processed with SPSS statistical program.
Results: About 47% of the students acquired a comprehensive concept of sexuality, against the 43.1% that in the diagnoses phase only considered the biologic dimension of sexuality. The intervention students revealed more knowledge about reproduction, sexually transmitted infections, contraception, pregnancy and hygiene. Students who participated in SE activities agreed more than those in the diagnose phase that school is a place where they could clarify doubts about sexuality and that teachers were able to clarify them. These students also agreed more that they wanted to participate in more SE activities. Students who participated in the evaluation phase also considered more that SE has an important role in the children and adolescents development.
Conclusions: A SE intervention that considers the needs of their target audience has a greater probability of effectiveness.

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

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Introduction: It is argued that knowledge about sexuality and sexual diversity is socio-historically constructed, and social institutions, while agents of sociocultural reproduction, should contribute to spread an adequate knowledge regarding these dimensions of human health and human rights and to construct a society stripped of sexual prejudice.
Objectives: To identify the level of knowledge about (homo) sexuality of university students of master's degrees in Arts and in Education.
Methods: It was applied to university students of master's degrees in Arts and in Education (N = 320), the anonimous questionnaire of Alderson (Alderson, Orzeck, & McEwen, 2009) that includes twenty-four true/false items measuring general knowledge about sexuality and sexual orientation, relationships and behaviours of homosexual individuals, and practices in relation to homosexuality.
Results: Despite the limitations of this study, for example, some participants may have been more susceptible to responding to certain items based on political correctness, the results supported our overall hypothesis that the majority of these university students have low levels of knowledge about sexuality and homosexuality.
Conclusions: Therefore assuming that university students will be future agents of development and change, this study shows that is crucial to implement sexuality education and sexual diversity in the curriculum of the master's degrees in Arts and in Education to construct a society increasingly enriched and informed that safeguards sexual diversity. So we should invest in a culture of active citizenship and belief in the value of reflective and emancipatory dialogue, in order to build healthy coexistence environments and minimizing the homo-negativity.

BASED-SCHOOL SEX EDUCATION IN PORTUGAL: A DOCUMENT ANALYSIS

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Introduction: The latest Portuguese legislation on sex education was published in 2009. However, there is few information about the effectiveness of this law and the current implementation of based-school sex education.
Objectives: The main goals of this paper are to analyze the implementation of sex education in Portuguese schools, three years after the newest law, to make the access to this information easier and thus to contribute to the study of the best strategies to actually carry out school-based sex education.
Methods: We conducted a qualitative study and 89 documents about based-school sex education implementation between seventh and ninth grades were analyzed by two coders.
Results: The categories with the highest frequency were teaching methods, partnerships, and curriculum contents; and those with the lowest were needs assessment, theoretical framework, and training.
Conclusions: The results confirm part of previous data and show that there is a common way to implement sex education in Portuguese schools, though the variability of the documents. The paper discusses the results accounted the current law and the features of sex education models, presenting suggestions to lessen the difficulties and hindrances.

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

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

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ideas and values in the contemporary society. Sexuality has been a frequently discussed subject though all the media. Considered a human being fundamental right, sexuality is seen as an important component of individual's health and well being. Several authors state that the media influences young people's sexuality, mainly regarding sexual behavior, attitudes, values and beliefs.
Objectives: To analyze the influence of the media in young people's sexual behavior and attitudes is the main objective of this investigation.
Methods: It focuses on a descriptive and correlational study, using a questionnaire applied to 128 university students.
Results: The internet is the media that young people use most in your daily life (68.1%) and is the most used to search for information related to sexuality. We found that the different media does not influence significantly neither the knowledge nor the attitude towards contraception, nor the behavior or sexual attitudes of the studied university students. Statistically significant differences were obtained with regard to the genders, in respect of sexual behaviors and attitudes ($p = 0.000$). It is women who behave and show more positive sexual attitudes ($M = 40.22$) than men ($M = 31.28$).
Conclusions: The different media, including the internet, does not influence neither the knowledge nor the attitude towards contraception, nor the behavior or sexual attitudes of the studied university students. We can state that a double standard remains, which reveals the inequality in sexual behaviour that continues to determine the relations between genders.

FATHER - BABY DYAD: EMOTIONAL INVOLVEMENT AND FATHERLY STRESS

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Introduction: The parents' process of emotional involvement with the baby is established during pregnancy and it is intensified after the birth. The transition to parenthood implies a family adaptation and it is a situation which may induce stress.
Objectives: To analyze the influence of socio-demographic, obstetric, pregnancy involvement, labor and childbirth variables and stress vulnerability in establishing the bond between the father and the baby.
Methods: Quantitative study, transversal, descriptive-correlational, carried through in a non-probabilistic sample, constituted by 349 fathers. The evaluation protocol is the questionnaire and it allows the socio-demographic and obstetric characterization and the father involvement, the Bonding Scale (Figueiredo et al, 2005) and the Vulnerability to Stress Scale-23 QVS (Vaz Serra, 2000), applied up to 48 hours after childbirth.
Results: The younger participants, with a lower studies level and first time parents and pregnancy involved show a higher level of "positive bonding". The labors' follow up shows higher levels of "bonding not clear". In the regression analysis between the vulnerability to stress factors and the bonding subscales, one realizes that the inhibition and functional dependency is the only vulnerability to stress factor predictor of "total bonding", establishing a very low and negative association ($r = -0.130$ e $p = 0.015$).
Conclusions: Bonding is a complex process influenced by the father characteristics', the context where he is inserted and the involvement level during pregnancy and childbirth. It becomes relevant that health care professionals encourage the emotional involvement between the father and the baby and also to early detect the vulnerability to stress.

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

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Introduction: Adolescence is a period of physical, emotional and cognitive development, frequently marked by the existence of opportunities and vulnerabilities. In the last years, we have watched a strong investment in sexual education.
Objectives: Analyze if sexual attitudes influence individual and familiar variables, aspects of personality and the perception of parental attitudes.
Methods: Transversal, descriptive-correlational study. The sample used was non probabilistic, intentional and of convenience and consisted of 628 students. The instruments used for the data gathering were an individual variables questionnaire; Psychosexual inventory (Snyder, Simpson e Gangestad, 1986); Personality Inventory (Eysenck & Eysenck, 1964); Juvenile Perception Inventory (Fleming, 1996).
Results: There is a relation between sexual attitudes and having sexual relations and with who the first sexual relation was ($p < 0.001$). In what concerns the use of contraceptive there is a statistical difference between sexual attitudes ($p = 0.002$). The study of correlation between sexual attitudes and personality characteristics reveals that sexual attitudes appear positively correlated with extroversion ($r = 0.331$; $p < 0.001$) and negatively correlated with neuroticism ($r = -0.102$; $p = 0.015$). Between sexual attitudes and parent-children relation there is a positive correlation with autonomy ($r = 0.173$; $p < 0.001$), control ($r = 0.013$; $p < 0.001$) and hostility ($r = 0.124$; $p = 0.005$).
Conclusions: Considering that the beginning of sexual activity should happen in an informed way, a greater intervention at family and school level is of most importance, and it can be done through pear formation or through opportunities that appear for sexual education.

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

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Introduction: The possibility of a genetic disease or fetal malformation is similar in all developed countries, but both access to healthcare that enables the diagnosis and the legal framework that allows the termination of pregnancy are quite different.
Objectives: We intend to verify whether a relationship exists between the sociodemographic and psychological context and the attitudes of pregnant women facing the possibility of TOP for fetal malformation.
Methods: We conducted a crosssectional study, quantitative, correlational, accomplished by applying a questionnaire to 145 pregnant women awaiting routine ultrasound during pregnancy.
Results: The mean age is 29.22 years, 97.9% of women were Portuguese, and 78.6% were employed, 77.9% planned their pregnancy, 61.4% were primiparas and 77.2% did not have a history of pregnancy interruption. The mean total self-concept of the sample was normal; two-thirds of the sample was not vulnerable to stress. Most respondents had a highly functional family. In our

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

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

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Introduction: Prevention of unwanted pregnancies and STDs are key areas in sexual education intervention. Although Portuguese adolescents and young adults reveal having knowledge about prevention, there is an abusive use of emergency contraception in their sexual habits (EC).
Objectives: Understanding the significance that adolescents and young adults attribute to EC.
Methods: This is a phenomenological study with semi-structured interviews of 23 girls, between 15 to 24 years old, clients of a Support Office for Youth Sexuality of the Portuguese Youth Institute, between February and March 2007, using the Phenomenological Analysis of Max Van Manen.
Results: "EC as an option for unwanted pregnancies" emerged in the categories**:** reasons for using EC and the significance young adults attribute to the use of EC. Reasons which lead the participants to resort to EC were**:** becoming panicked, feeling the pill was unreliable, not having used a condom or there having a problem with the condom. The significance attributed included**:** the possibility of using EC once again, believing that they would never need to use it again, believing that it was a good albeit expensive method and there may be health risks which is why it should be used as a last resort. They believe the widespread awareness, commonality and inadequate use of EC is due to the anonymity in the acquisition and its self-administration.
Conclusions: These adolescents and young adults resorted to EC in extreme circumstances, subjecting themselves to their risks, due to fear of an unwanted pregnancy and the misuse of contraceptives. So great is this fear that STDs have become a secondary concern.

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

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Introduction: The empowerment of young people in having a responsible, safe and happy sexuality requires early and effective intervention.
Objectives: Unravelling the difficulties and concerns of young people in experiencing their sexuality.
Methods: Phenomenological study, with semi-structured interviews given to 23 young women between 15 and 24 years old, clients of the Department of Sexuality Youth Support of the Portuguese Youth Institute, between February and March 2007, and the use of the Max Van Manen Phenomenological Analysis.
Results: The topic, training and education on sexuality emerged in the categories**:** ways of obtaining information, meanings attributed to the attitude of parents, constraints to providing education/training on sexuality, taking responsibility in the experience of sexuality and strategies to improve education on sexuality These young adults expressed the constraints between parents and children and vice versa in ambiguous and incoherent speeches, omissions, contradictions and half-truths given by both sides, difficulties in the school educating as they avoid the subject, the inexistence of a specific subject and age appropriate information; difficulties of health professionals who avoid the issue, lack of privacy. They suggest strategies to improve education on sexuality and emphasize the importance of monitoring health, with the involvement of parents in open debates about sexuality. They further suggest that specific information and education, provided by educatores who are sensitive to their perspectives, repeat content while adjusting it to their development.
Conclusions: In uncovering the meanings attributed by young adults to the experience of their sexuality, we can tailor our actions to their specific needs.

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

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Introduction: Human sexuality should be understood in all its multiple dimensions and children previous conceptions need to be considered in sex education. This research aims to identify primary school children conceptions about sexuality, considering individual and socio cultural factors, and to evidence the sexuality issues that children want to learn more.
Methods: This research follows a qualitative approach. It is a case study, which used focus groups for data collection. We carried out four groups of discussion constituted on the basis of gender, age and school year. Our sample included twenty two children (10 females and 12 males) from different sociocultural, socioeconomics and socio affective contexts.
Discussions were audio recorded and after transcribed. A content analysis was done and we considered nine pivot terms (adults, family, dating, sexy, sex, get pregnant, baby, separate and talk) and two emergent categories (boys & girls, love & passion).
Results: The results allow us to verify**:** the existence of gender stereotypes; the use of vulgar language to name body parts; the value of interpersonal relationships; the existence of jokes with sexual nature; gender differences in the verbalization of love and passion terms; the interpretation of the divorce as a result of the lack of love and respect, as well as the existence of violence; differences in acceptance of non-traditional family models and homosexuality; that younger children do not have temporal notion of processes of sexual maturation, fertilization and pregnancy; lack of communication about sexuality.
Conclusions: Children interests and doubts relate to**:** interpersonal relationships; gender and social roles; different expressions of the sexuality; family concept; sexual maturation and reproduction.

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PORTUGUESE ADAPTATION OF THE SEXUAL SENSATION SEEKING SCALE WITHIN COLLEGE STUDENTS

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Background: The most current version of Sexual Sensation Seeking Scale (SSSS) had been used to measure de "propensity to attain optimal levels of sexual excitement and to engage in novel sexual experiences" (Kalichman & Rompa, 1995). It is an 11-item assessing sensation seeking specifically related sexual interests and activities. It is a psychometric instrument to assess the disposition to take sexual risky behaviors, including risks related to the acquisition of sexually transmitted infections.
Aim: The aim of this study was to examine the psychometric properties of SSSS within a sample of heterosexual college students.
Methods: After consensual translation by experts, the SSSS was administered to 223 college students, with mean age of 21 (M = 20.91, SD = 3.09) years. The scale reliability (internal consistency and item-to-total correlations) construct validity and concurrent validity were evaluated.
Results: The SSSS Portuguese version had good internal consistency (Cronbach's alpha = 0.84) for the total scale. Factor analysis showed a one-factor structure, as observed in the original version, explaining 42.01% of the total variance. The majority of the items had factor loadings on their respective domains of at least 0.30, except for item 8. The scores on the SSSS ranged between 11 and 39 (M = 22.37; SD = 6.37). There were significant differences ($p < 0.05$) in scores of male (M = 27.51, SD = 5.10) and female participants (M = 19.98, SD = 5.40).
Conclusions: The properties of the SSSS Portuguese version demonstrate its value for measuring college student's perception to sexual sensation seeking. The results confirm the structure and psychometric characteristics of the original version, reflecting values acceptable fidelity and validity.

THE PARENTAL ROLE IN CHILD SEXUALITY

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Although sexuality is at present a topic widely discussed, aspect of sexuality Child is an area little studied and poorly known his experience from the point of view of parents. While nurses skilled in Paediatrics and Child Health in order to obtain knowledge that will allow us to collaborate and support the role of parents, we decided to study the perception that parents have of Child Sexuality and strategies at their disposal to address this issue with their children. A qualitative methodology of phenomenological nature as it was intended to explore the experiences of parents in their life contexts. The sample consists of nine parents of children aged between 6-10 years, enrolled in a group of Scouts. According to the interviews, we found that the majority of parents recognize the existence of infantile sexuality, there are however two who doubt or affirm their non-existence. Doubts children about sexuality concern mainly with questions of the biological, psycho-emotional and social. We found that is predominantly parents felt peaceful, when addressing this issue with their children, as well as satisfaction for being requested by them. In terms of strategies, reveals that parents usually wait for the children to question on the topic of sexuality and use dialogue, with the help of books or analogies. In parents view, the gender identity of the children, face the male role is evident in issues of strength and liking football, while the female is recognized in liking for clothing, adornments and makeup. Parents reported that the source of information that children seek begins in the family and continues in school, then going to the media. They also consider that the responsibility to teach their children about this issue it is of the family, then the school and church.

PEER EDUCATION NATIONAL PROJECT. PORTUGUESE FOUNDATION "THE COMMUNITY AGAINST AIDS". YOUNG VOLUNTEERS' PEDAGOGICAL TRAINING

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Introduction: Peer Education is a methodology used in health promotion, disease prevention and risk behavior. The Peer Education National Project (PENP) relies on the valuable contribution of volunteers from different university programs. These volunteers receive both scientific and pedagogical training in order to work with students of the project partner schools.
Goals: To characterize the volunteers, identify their motives and initial expectations, and evaluate the pedagogical training program they received under the PENP.
Methods: 56 young volunteers answered to two questionnaires: the "Satisfaction Questionnaire" and the "Initial Questionnaire-AIB" (AIB - Academic Intervention Brigades) in the school year 2012/2013.
Results: Most PENP volunteers were 18-22 years old and were enrolled in university programs of Medicine, Psychology and Communication. Regarding the pedagogical training they were submitted they emphasized the interest, the utility, and the organization of the project as well as the strategies used by the teachers who supervised the training program. Volunteers also enhanced as affordances the "climate of total openness", and "the high level of interaction among volunteers and supervisors". In which concerns the motives for joining the PENP they pointed out, among other reasons, "to help youngsters to access information about how to prevent HIV and other STDs", "to participate in volunteer projects", "to achieve personal and professional enhancement", "to be part of an interesting project", and "to contribute to behavior and mentality change".
Conclusions: Results emphasized the relevance of the volunteers' pedagogical training program in achieving the PNEP goals and highlighted the strengths of this program for future editions.

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

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Introduction: Action-oriented projects in sexuality education are innovative methodological approaches on the development of the student action competence.
Objectives: To analyze the effect of an action-oriented teaching methodology on the development of action competence in sexuality education, implemented in groups of different genders or mixed gender groups.

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Methods: A qualitative study was carried out in a class (n = 24) with groups separated by gender and another one (n = 23) with mixed gender groups. At the beginning of the project, students from each class were interviewed in two focus groups and during the project participant observation was carried out.
Results: We found that students' initial ideas were presented more clearly in groups separated by gender, the mixed groups had a better perception of gender differences in the consequences and the causes of the problems selected and the groups of girls were more reflexives during the activities. In relationship to the selection of the problems concerning sexual and reproductive health, boys of mixed groups preferred to hide their ignorance and girls felt inhibited when boys made fun of sexuality issues. The groups separated by gender were more cohesive and corporative and this fact made the girls feel more secure in face of arrogance and machismo of boys.
Conclusions: From these results emerge the need to include gender perspectives and action-oriented teaching in pre-service and in-service teacher training, parental education and curriculum planning in schools.

ADOLESCENTS SEXUAL PRACTICES

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Introduction: If teens options are experimenting sexualized practices, we should facilitate their knowledge, make them aware of their choices and help them living their sexuality in a safer mode.
Objectives: To identify adolescents sexual practices; characterize the attitudes of teenagers against the use of contraception.
Methods: Quantitative research with exploratory nature. We studied a convenience sample of 301 adolescents of both sexes whitch attend the 9th grade. Sexual practices and attitudes towards the use of contraception were assessed by "Contraceptive Attitude Scale" (CAS) Kyes (sd). Statistical analysis using SPSS-19, we used measures of central tendency, measures of dispersion, mean difference tests One-way ANOVA.
Results: The presence of young people with sexual experience. The petting is used by the majority (62.2%), the practice of coitus are at 19.6% and auto-eroticism is denied by the majority (56.8%), while 43.2% report that their practice. For the petting and considering the sex of the subjects, there are some significant differences: (U (299) = 8004, Z = −4.14, $p < .05$) and the same occurs in the autoeroticism (U (299) = 1899 Z = −13.56, $p < .05$), in the intercourse in sexually active, there are no significant differences (U (299) = 10650.5, Z = −.233, p = .816). The consistent use of contraception is approximately (50.8%) to the inconsistent use (49.2%), with no differences according to the gender of the subjects (U (59) = 325.5, Z = −1523, p = .128).
Conclusions: Alentejo region is considered as problematic in what concerns to our sample of adolescent motherhood and the risky practices coitus.

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

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Introduction: Youth friendly services are recommended by World Health Organization since 1994, as a way to address adolescent reproductive and sexual and health needs, safeguarding their privacy and confidentiality. In our hospital this service has been available, for male and female attendants since March 1994 and is called Youth Space.
Objectives: The aim of this study was to evaluate male appointments in Youth Space.
Methods: Medical records from our database were reviewed from 2000 to 2012, and male/couple appointments were retrieved.
Results: Were found 785 male and 903 couple appointments from 50783 records. This represents 1.5% and 1.8% of the total appointments in these years, in a total of 3.3% of male presence. No significant variation in the proportion of male appointments was noted throughout the years, with a minimum of 0.8% in 2002 and a maximum of 2.2% in 2006 and 2012. Most came for urologic reasons (39.2%); about 19.4% requesting sexually transmitted infections screening; and 18.7% searching information. Only 4.6% come for contraception (vs. 57.8% of couple appointments).
Conclusions: Youth friendly services adapted to youth requirements are in fact a need, but an effort must be made to captivate male population to its regular frequency, not only to offer them basic health services, but also to educate them in healthy/protective sexual and reproductive lifestyle.

3. HEALTH AND NUTRITION

LIFESTYLES AND OBESITY IN YOUNG STUDENTS IN HIGHER EDUCATION

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Introduction: Lifestyles and obesity are characteristicsin our society that lead young people to situations of potential cardiovascular risk.
Objectives: To characterize the lifestyle and to evaluate its relationship with body mass index in university students.
Methods: This is a quantitative descriptive and cross-correlated study with a non-probability convenience sample of 3459 university students in the Central Region of Portugal. The evaluation protocol includes a sociodemographic questionnaire, the scale of "Do You Have a Fantastic Lifestyle" in the portuguese version (Silva, Brito, Amado, 2011) and an auto-related Body Mass Index.
Results: Regarding the sample, 69.6% were female students and 30.4% male.In terms of global results: Lifestyle behavior point averages medium level of 85.81 ± 13.06; relative to variable BMI: 7.1% were underweight and 75.4% were normal weight, 14.3% were overweight and 3.2% obese.Regarding the correlations made between the two variables, we found significant correlations between Global lifestyle and the BMI (p = 0.000), and some specific lifestyle domains, including: Family/Friends (p = 0.000), Nutrition (p = 0.000), Tobacco (p = 0.007), Alcohol and other drugs (p = 0.000) and Physical Activity (0.003).
Conclusions: This study revealed a group of data that will help us define an intervention program pertaining to the promotion of health, such as: an increase in health related literacy or the development of student support groups where the educative community and health services are mobilized.

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

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Introduction: 'Planning Health in School' (PHS) is an educational programme that integrates knowledge in healthy eating and active living, motivating teenagers' participation in changing to healthier behaviours. The PHA programme was implemented over a full academic year with grade 6 adolescents (11-12 years old). It started with an initial diagnosis, followed by implementation of a set of eight learning activities addressing different subjects in health promotion and focusing healthy eating habits and physical activity, by monitoring the process with several assessment tools.
Objectives: This case study intended to understand the factors influencing the obesity of an adolescent and to know how and why he changed his attitudes and behaviours towards a healthier lifestyle as following the PHS programme, having in mind two complementary perspectives of his context: the adolescent and to his family.
Methods: A 11 years old obese male, with a baseline body mass index (BMI) of 37.5 kg/m2 and waist circumference (WC) of 117cm, was analyzed for his cognitive, attitudinal and behavioural parameters. In addition to the adolescent's anthropometric measures (BMI, WC), a self-reporting questionnaire, and 7 food diaries, a semi-structured interview was also conducted to the adolescent and his family (Mays; Pope, 2000).
Results: The adolescent's attitudes and perception about his body structure improved as well as changes on eating behaviours and anthropometric data. The BMI value decreased 10% and the WC had a cutback of 9 cm (5.8% less).
Conclusions: The 'Planning health in School' programme improved effectively changes in the obese adolescent's attitudes and behaviours, leading to better anthropometric outcomes.

ADHERENCE TO MEDITERRANEAN DIET IN A SAMPLE OF ITALIAN ADOLESCENTS

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Introduction: The Mediterranean diet is a model of a healthy diet. During the last decade there has been a shift away from this nutritional pattern, especially among the younger generation.
Objectives: To estimates, in adolescents, the level of adherence to the Mediterranean diet, thorough KIDMED test, in relation to their nutritional status, lifestyle and social and family context.
Methods: The KIDMED and an "ad hoc" questionnaire were administered to 1380 students (mean age: 16.8 ± 1.6) attending a high school in Florence. The collected data were analyzed using SPSS 19 and the significant associations between the level of adherence and the available variables were assessed by χ^2 test.
Results: We found that 9.3% of the sample was underweight and 10% overweight/obese. The adherence to the Mediterranean diet was high in 16.5%, average in 60.5% and low in 23%. The low adherence was significantly higher in underweight subjects (35.9%), not physically active (41.2%), with underachievement school (32.4%), with a not good relationship with the family (38.5%), who belong to low/middle class families (29.8%) and with mothers presenting low/medium cultural capital (28.6%). No differences between the level of adherence and being normal weight or overweight/obese were observed. 10.8% of the students don't eat fruits or vegetables and only 16.3% have more than one serving a day.
Conclusions: Our sample tends to move away from the Mediterranean diet pattern, with the acquisition of wrong eating habits, often associated with elevated sedentary. Educational level and social status of parents seem to play an important role in acquiring diet behaviors.

EMOTIONAL DIMENSIONS OF EATING BEHAVIOR

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Introduction: The eating behavior includes food intake but also an emotional dimension related to attitudes to food and food intake (Natacci, 2011). Indeed, the unsuccess in weight loss programs has been associated with some emotional dimensions (restraint in particulary) that are necessary to explore when the goal is a greater and more sustained degree of success (McGee et al, 2012).
Objectives: Examine changes in eating behavior (restraint, disinhibition and hunger) according to sociodemographic (gender and age) and anthropometric variables (BMI - body mass index). **Methods:** This is an exploratory study with a sample of 148 Portuguese youngsters and adults participants. For data collection we used the Three-Factor Eating Questionnaire (TFEQ) for the eating behavior and considered only two levels of BMI (normal-weight and overweight). Descriptive and inferential (Mann-Whitney) analysis were conducted with a p value $\leq .05$.
Results: Gender differences ($p \leq .01$) in restraint behavior (28.2 ± 6.5 female and 22.6 ± 5.2 male). No differences found by age, in the total sample. However, when the sample is split by gender, there is statistically age differences (youth and adults), in hunger, more expressive to younger in both groups ($p < .05$). The overweight participants had higher significant scores in restraint ($p \leq .05$). BMI and TFEQ-restraint were positively correlated (rho = .34, $p \leq .05$).
Conclusions: The results are consistent with the literature that women and overweight people are more concern about weight, and suggest an uncontrolled eating behavior with periods of restraint and disinhibition. So, we should promote specific strategies to modify this emotional attitude that interferes with success in weight management programs.

ADOLESCENT KNOWLEDGE AND ATTITUDES TOWARDS BREASTFEEDING: RESULT OF AN INTERVENTION

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

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occur in the beginning of the pregnancy or even earlier, highlighting the need to intervene straight during adolescence.
Objectives: To evaluate the effectiveness of an intervention (educational session) on the adolescent's knowledge, attitudes and intentions about breastfeeding.
Methods: A controlled experimental study was conducted among 259 students attending two high-schools from different socio-economic backgrounds (rural and urban). The experimental group consisted of 83 students who underwent the educational intervention on the subject, whereas the control group was composed by 176 students. A pre-test and a post-test were applied to both groups, in order to assess the knowledge, attitudes and intentions of the adolescents about breastfeeding.
Results: The knowledge and attitudes towards breastfeeding have shown to be scarce in both schools. After the intervention, the experimental group of both schools has shown to significantly increase its knowledge and attitudes ($p = 0.003$ at the urban school and $p = 0.000$ at rural school), where in the rural background the adolescents presented a specific notion about the period of time that they would breastfeed a child ($p = 0.024$).
Conclusions: A single educational session led to a statistically significant increase of the knowledge and of the positive attitudes relatively to breastfeeding. Therefore, it would be of major importance to include this subject in the curricula and among health education programs directed to children and adolescents.

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

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Introduction: Childhood obesity (OB) has tripled in adolescents in the past 30 years. Obese youth are more likely to have risk factors for cardiovascular disease, diabetes, bone and joint problems, sleep apnoea and psychological problems.
Objectives: To determine the prevalence of overweight (OW), OB and hypertension (HT) in an adolescent school population and to correlate with eating habits (EH) and physical activity (PA).
Methods: Analytical cross-sectional study with students from the 5th and 7th grades of 5 schools of 2 different cities based on surveys about EH and PA, determination of Body Mass Index (BMI) and blood pressure (BP). Statistics: SPSS 18® ($p < 0.05$).
Results: The study included 501 students, aged from 10 to 17 (median 12 years), 51% males and 60% from the 7th grade, 16% were OW and 12% obese. BP was measured in 492 students, 23% had HT, 18% of those being OW and 22% OB. There was a statistical significant relationship between BMI and BP ($p = 0.004$). Regarding EH: 56% had less than 5 meals/day, 47% had multiple snacks between meals, 5% didn't take breakfast every day, 52% didn't eat soup for lunch and dinner, 91% ate fish less than 5 times/week, 7% always ate sauces at meals, 6% never ate vegetables, 48% ate fried food more than 1 time/week and 21% ingested fast food regularly. Regarding PA: 13% spent more than 2 hours/day watched TV and played video games during school time and 48% during holidays; 32% didn't practice sports outside school.
Conclusions: This study showed a high percentage of children with OW/OB and HT, similar to literature values for the Portuguese population. Incorrect EH and PA are present in most cases even in those with normal BMI, which reinforces the need for educational intervention in childhood and adolescent school population.

PROMOTION HEALTHY EATING HABITS AT SCHOOL

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Introduction: Many studies have been developed in the area of promoting healthy eating habits in children and youth, since food preferences and habits acquired during childhood and adolescence have important repercussions on the health and on the physical and emotional well-being of people, obesity being one of the most serious public health problems of today (SEQUEIRA, 2011).
Objectives: To evaluate the effectiveness of a program to promote healthy eating habits among 3rd grade students in schools in the geographical area of Aveiro North ACES.
Methods: A longitudinal correlational study, not with a probabilistic sample, for convenience of 275 3rd grade students. These were characterized by social demographic variables and 2 instruments were used for data collection: a quiz with 11 questions about eating habits and a snack's grid (DSP, ARS Norte). They were applied in 3 different occasions: before the implementation of the program, at the end of the program and 6 months after finishing the program implementation.
Results: We verified that the application of the program allowed the development of the knowledge of students, because the average of correct answers evolves from 7.43 to 8.58 ($p = 0.00$) in the second evaluation and goes down slightly to 8.22 ($p = 0.002$) in the third evaluation. Regarding the snack's grid, at the initial moment there is an average of healthy snacks per student in the order of 3.52 to 3.68, which changed in the 2nd evaluation ($p = 0.1$) and an increase of this number to 3.99 in the 3rd evaluation ($p = 0.00$).
Conclusions: The dynamics of an organized feeding program strengthens the food choices decision making. The food knowledge and attitudes /behaviors acquired have a tendency to remain over time.

TEENAGE PREGNANCY AND LOW BIRTH WEIGHT

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Introduction: The prevalence of low birth weight (LBW) among adolescent mothers is twice that observed among adult mothers. Some of the factors that may explain this effect are inadequate gestational weight gain and the lack of or insufficient adequate prenatal care.
Objectives: To analyze the influence of gestational weight gain and health education on nutrition during pregnancy when there is low birth weight among pregnant adolescents.
Methods: This is a quantitative, cross-sectional study, partially analyzed as a case-control, with a non-probability sample of convenience consisting of 2871 puerperae of which 101 were adolescents and 16 of these had newborns with low birth weight. A questionnaire was used to collect data in 26 Portuguese institutions of public health between March 2010 and May 2012.
Results: In our sample, the prevalence of low birth weight was 7.9%. Low birth weight was found to be associated with adolescents with gestational weight gain inferior to 7 kg (OR = 3.35, 95% IC 1.09 to 10.36), whether they are informed or not on the best eating habits to have during pregnancy.
Conclusions: Educating is paramount for there to be responsible sexuality and to lowering the risks of teenage pregnancy, including low birth weight. During pregnancy it is essential to maintain an adequate maternal nutrition as there is an association between low birth weight among adolescent mothers and inappropriate weight gain.

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

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Introduction: People with Down syndrome have a very specific and body composition itself, as well as athletes with the same syndrome. The adapted swimming is a sport that promotes agility and self-esteem and encourages discipline for behavior patterns, as well as for eating habits.
Objectives: To evaluate the diet of an athlete of adapted swimming of international performance level.
Participant and methods: An athlete of adapted swimming, who trained five times a week (15.6 ± 2.3 hours/week). Weight and height were measured and body mass index was calculated as BMI(Kg/m) = Weight(kg)/Height^2(m). It was applied a food record of the 24 hours before the interview and a food diary for three days, including one day of the weekend. Dietary energy intake was analyzed by Food Processor. Descriptive and linear regression analysis and the Spearman correlation coefficient were used. The significance level was 5% ($p < 0.05$). Data was analyzed using SPSS, version 18.0.
Results: Energy intake was above (4635.9 ± 897.2 Kcal/day) the recommended and decreased with some changes in eating behavior ($p < 0.05$). Eating habits were monotonous and nutritionally poor, mainly based on juices, sodas, cookies and chocolate intakes. Water consumption was reduced, as well as fruit intake.
Conclusions: Athlete's body weight decreased, contributing to the increase in athlete' sport performance and to raise his self esteem.

COMPLEMENTARY FEEDING IN A VEGETARIAN INFANT

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Introduction: It is presumed that complementary feeding should be introduced between the 4th and 6th month of life, according to recommendations already set for the most common diet in our society. However, there are families whose beliefs or lifestyle choices make their children meet special diets such as vegetarian diet, particularly in introduction of complementary foods, which the authors sets out to explore.
State of the art: Based in a case of a 9 month female infant (born at term), previously healthy, with adequate growth and psychomotor development, vegetarian and without additional supplements in the diet, in whom a microcytic anemia was observed. The authors have adapted the nutritional plan adjusting nutritional needs (including adequate intake protein-calorie, B12 vitamin, iron and zinc) to beliefs of the family, a balance that is still controversial.
New perspectives/guidelines: In a world with increasingly diverse and informed people it is imperative to be aware and create alternatives for these differences.
Theoretical and practical implications: There is need to continuously review the plan and nutritional status of these children, particularly in the phase of feeding, not supply value judgments and have good sense, always bearing in mind the primary interest of child health.
Conclusions: Although there is no consensus that vegetarian diet is healthy and fit for pediatric age, the clinician should know the options that currently exist to give the best response to the particularities of this situation, respecting the family and protecting the child, so also educating health.

4. HEALTH AND PHYSICAL ACTIVITY

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

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Introduction: The evidence that physical activity (PA) is extremely important for the young adult population is unquestionable, providing the regular practice of these activities a positive effect on the various systems of the body.
Objectives: The main aim of this research was to measure the effects of PA on corporal composition (BMI and waist circumference) on spirometric values and relate these indicators to the ventilation function.
Methods: The sample consisted of 132 adults, higher education students, of both sexes (21.08 ± 2.23 years), divided into 3 groups: GE1- 58 students doing curricular and extracurricular activities; GE2- 44 students doing curricular activities; GC- 30 sedentary students. To characterize the sample of the type of PA, we used the questionnaire Telama et al (1997). We assessed the value of spirometry (PEF, FVC and FEV1) with a Microquark Cosmed spirometer and the BMI and waist circumference. The data were processed with the S.P.S.S. 19.0, Mann-Whitney test, analysis of variance and Spearman's test, with $p < 0.05$.
Results: The GE1 achieved significantly better BMI and waist circumference results ($p \leq 0.05$) and in all of the values assessed by spirometry (PEF, FVC and FEV1) compared to the CG. We also found that there is a tendency for a negative correlation between the values of body composition and spirometric values (FVC, PEF, FEV1), i.e., the higher the values of body composition, the lower the spirometric values.
Conclusions: The students that performed supervised exercise had best levels of body composition and lung function. Poor BMI and waist circumference values may lead to respiratory dysfunction in terms of ventilation and the respective lung volumes, limiting the practice of PA and increasing the probability of respiratory pathologies.

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

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Introduction: Health promotion among students at school can be successful if teachers, staff and principals have common goals.
Objectives: This is a case study that intended to provide an understanding of student's physical activity (PA) and how the Principal and teachers think about health-related PA.
Methods: Participants were 827 students, 72 teachers. Teachers answered a questionnaire about the importance and the amount of PA necessary to benefit students' health. A questionnaire was used to assess students' and teachers' PA. The Principal was interviewed and the School Educative Project (SEP) was analysed.

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Results: 60% of students did not practice the recommended levels of PA to benefit health. Students had two Physical Education (PE) classes per week and 18% practiced in school sports one or two times a week. Only 21% of teachers were considered sufficiently active, however 59% considered that regular PA had a relationship with health. Regarding the promotion of PA in school, 75% of teachers considered that it was enough to benefit students' health. The data reveals that teachers did not know the amount of PA needed for young people to get health benefits. The principal featured a discourse emphasizing the importance of PE and PA in the students' development. However, the SEP did not consider any initiative aiming at the promotion of students' PA, and the principal's directives were even contrary to its promotion.
Conclusions: Results show that teachers have a misconception about the PA students have to practice; and that the principal implements an education policy contrary to his/her rhetoric. In order to be successful, health promotion programs at school have to adopt a holistic approach including principals, teachers, staff, and parent education.

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

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Introduction: Physical inactivity is one of the major preventable health risks. Active transportation is an easy and economical way to induce regular physical activity.
Objectives: The purpose of this study is to analyse the prevalence of active and passive transportation.
Methods: A total of 802 children (416 boys), aged 10-12 years old (10.6 ± 0.7) participated in the study. The informed consent was obtained from each participant and their parents. Data was collected using a questionnaire used on international research project on children's lifestyles. Descriptive statistic, Pearson's correlation and t test were used to analyse the prevalence and the relationship of transportation, BMI, socioeconomic status (SES) and gender.
Results: Children report to commute actively to/from school on average 12.2 ± 35.1 min/day (13.6 min/days boys, 10.6 min/day girls) and commuted passively 68.1 ± 75.5 min/day (66.8 min/day boys, 74.2 min/day girls). For the passive transportation there were significant differences between genders ($p = 0.026$). Active transportation was negatively correlated with SES status ($r = -0.199$, $p < 0.001$). On the other hand, passive transportation was positively correlated with SES ($r = 0.203$, $p < 0.001$). BMI was negatively correlated with passive transportation ($r = -0.087$, $p = 0.022$).
Conclusions: Time spent in active transportation to/from school should be increased in order to improve the total physical activity among children. Further research is needed to explore the reason why children use active and passive transportation to/from school.

POSITIVE PSYCHOLOGY AND PHYSICAL EDUCATION SCHOOL: PARALLEL PATHWAYS TO EDUCATE

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Introduction: The Psychology was concerned to study and research the disease, defects, weaknesses, failures and human difficulties, neglecting healthy aspects. The science and practice of positive psychology are focused on the identification and understanding of the qualities and virtues of humans and to support in respect the construction of lives happier and productive.
State of the Art: The aim was to study through a of stamp with an emphasis on literature researches Seligmann (2012) Stobäus and Mosquera (2012) evidence that union of Positive Psychology with Physical Education have featured the cognitive and emotional availability to students and learning, which is essential for there to be a cooperative interaction.
New perspectives/guidelines: So how Positive Psychology intends to contribute to flowering and healthy functioning of people, groups and institutions, worrying to strengthen competencies rather than only correct deficiencies. In Physical Education, has been discussed in recent years in the school, a cultural perspective, that starting this referential that considers the area as part of human culture, or practices related to the body and movement, created by man over its history. Learning to live together implies a progressive domain procedures, values, norms and attitudes.
Theoretical and practical implications: This way, it is essential to the interaction of the individual so that he can integrate into the group, valorizing habits with healthy attitudes in the conquest health of body and mind through the Positive Psychology, Physical Education, the adoption of healthy lifestyles, the development of skills, individual capacities and production of a healthy environment.

PHYSICAL ACTIVITY VERSUS SEDENTARY BEHAVIOR. IS THERE A CONNECTION?

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Introduction: Sedentary behaviour (SB) is an important and extremely prevalent risk factor for chronic disease in both children and adults. SB reduction along with increased physical activity (PA) can become a health behaviour.
Objectives: To observe the relation between PA and SB on weekdays and weekends among children.
Methods: The subjects in this study were 802 children (416 boys, 386 girls), with ages between 10-12 years old (10.6 ± 0.7). A survey was conducted to collect the data. The children were asked how much time they spent watching television, using the computer, playing videogames or practicing PA each day of the previous week. Pearson's r was used to verify the correlation between PA and SB.
Results: We noticed that during the weekdays, time spent on SB was not related with PA (television $r = -0.036$, $p = 0.518$; computer $r = -0.015$, $p = 0.788$; videogames $r = 0.074$, $p = 0.240$). The same happened on weekends (television $r = -0.126$, $p = 0.095$; computer $r = -0.078$, $p = 0.311$; videogames $r = -0.085$, $p = 0.278$). A sex/gender analysis showed no significant connection between PA and SB. However, the correlation is negative when considering the time boys spent watching television on weekends ($r = -0.176$, $p = 0.049$). Children, on weekdays and weekends, spent an average of 3.2 ± 2 hours e 1.9 ± 1.4 hours of PA, respectively.
Conclusions: PA and SB are not correlated, which enables them to coexist, except when it comes to boys. When they watch television on the weekend, that means less time spent on PA. Even though there is no connection between PA and SB, still, in weekdays the recommended time for PA is not achieved. It is therefore important to develop strategies that can improve PA and decrease SB, to promote a healthier lifestyle.

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

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Introduction: This study examined the relationship between the time children spent in sports participation (SP) and in recreational screen-time behaviours (STB) during weekdays, and their academic performance (AP).
Methods: A total of 802 children (416 boys), aged 10-12 years old (10.6 ± 0.7), completed a questionnaire used in an international research project on children's lifestyles. Pearson's correlations were applied to identify the relationships between the time children spent in SP and in STB (watching TV, computer usage, playing electronic games) on weekdays and AP. Two indicators of AP were considered: academic achievement (average of self-reported grades in maths, language and physical education) and perceived academic competence. Significance level was $p < 0.05$.
Results: Children report to practice sport on average 18.5 ± 25.6 min/day and spent 216.9 ± 154.8 min/day in STB. Regarding AP indicators, ranging on a scale between 1 and 5, the average value for academic achievement was 3.5 ± 0.7 and for perceived academic competence was 3.0 ± 0.6. Academic achievement ($r = 0.191$) and perceived academic competence ($r = 0.174$) were positively correlated ($p < 0.001$) with SP. On the other hand, academic achievement was negatively correlated with STB ($r = -0.238$, $p < 0.001$).
Conclusions: Less STB and more SP do not adversely affect children AP and may be beneficial to health. Strategies for promoting an active and healthy lifestyle should have a particular emphasis among those who spend a lot of their time in screen-based sedentary behaviours.

SPORT PARTICIPATION AND LIFE SKILLS DEVELOPMENT

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Introduction: Sports participation as a vector of human development has sparked the interest of authors such as Weiss (1991), Martens (1996), Dias, Cruz and Danish (2001), Brunelle, Danish and Forneris (2007) or Gould and Carson (2008).
Objectives: This study seeks to highlight the concept of life skills in sports context and present two intervention proposals aimed to promote life skills. New perspectives: The life skills program "Promotion of positive experiences in children and young people" (Gomes, 2010) and the GOAL program - Going for the Goal" (Danish, Mash, Howard, Curl, Meyer, Owens, & Kendall, 1992) are opportunities to develop life skills in sports context. Seeking to promote skills identified as important in the education of children and adolescents (communication, problem-solving, goal setting, time management, stress management, motivation or team work) these programs use an active methodology to engage participants and stimulate the development of the participants.
Theoretical and practical implications: Contributing to the promotion of psychological well-being and social adjustment, these programs are scientifically legitimated. Although empirical evidence of the relationship between sports participation and life skills development, new challenges arise in this research area: how to evaluate the life skills to be included in a life skills program? What measures of evaluation should we use? How to assess that life skills remain over time and in the different life domain? Longitudinal and cross-sectional studies are needed to sustain the existing data.

PHYSICAL ACTIVITY AND SEDENTARY LIFESTYLE IN YOUNG PEOPLE AND ADULTS

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Introduction: The evaluation of physical activity and sitting time is an important new area in the study of the consequences of sedentary behaviors for cardiovascular diseases, obesity and related problems (Bauman et al, 2011).
Objectives: Characterize the level of physical activity (from sedentary to extremely active) according to sociodemographic (gender, age and urbanity) and anthropometric (BMI) variables in a sample comprising Portuguese subjects.
Methods: A sample of 73 young people and 75 adults participated in this exploratory study. For data collection one used the International Physical Activity Questionnaire (IPAQ) and a questionnaire that included sociodemographic and anthropometric variables. The IPAQ evaluates 4 levels of physical activity: sedentary, low active, active and extremely active. Descriptive and inferential analyses were conducted with $p \leq .05$.
Results: There were gender ($p = .02$) and urbanity ($p = .01$) differences in physical activity. No differences were found in age and BMI in the total sample, in contrast with the higher levels of activity that were found in men and in participants residing in rural areas. M-W($p \leq .05$) and Spearman ($p \leq .01$) results showed higher inactivity (sitting time per day) among young people and normal weight individuals. In the whole sample, reported sitting time showed a mean of 315.4 min/day during the week and 312.9 min/day during the weekend. So, subjects spend about 5-6 hours of sitting time per day.
Conclusions: The implementation of strategies to promote physical activity seems important especially among female and urban people. In addition, the results suggest that physical activity emerges as a positive response to prevent obesity and the age related limitations. Is this the pathway for active aging?

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

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

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the impact that the orienteering has, while a sport and leisure in nature, in promoting active and healthy lifestyles in children and youth, and enhance their potentialities for their overall development.
State of the Art: We understand the need to develop motivational and alternatives strategies for promoting physical activity (Grow et al, 2008; Krizek, Birnbaum, Levinson, 2004; Sallis et al, 2006; Van Sluijs, McMinn, Griffin, 2007). Several authors recognize the potentialities of orienteering (Aires et al 2011; Celestino, Pereira, 2012, 2013; Macneill et al, 2006, Martin, Diaz, 2006; Koukouris, 2005)**:** its educational value, the contact with nature, the ability to solve problems, the development of ecological awareness, the socialization, the physical and motor development, the self-confidence, the multidisciplinary and the development of healthy lifestyles.
New perspectives: In recent decades there has been an exponential growth in the number of practitioners of Sports Orientation, thinking that, now, exceeds one million practitioners in over 58 countries (Eccles, Walsh & Ingledew, 2006). Nevertheless, this is a relatively recent modality still in Portugal.
Theoretical and practical implications: Thus, given the growing sedentariness of children and young people, we consider relevant, to the level of municipalities, associations, orienteering clubs and schools, to develop partnership in various projects, promoters of the practice of orientation.

PHYSICAL ACTIVITY PATTERNS AMONG PORTUGUESE ADOLESCENTS

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Introduction: It is extremely important to engage adolescents in some sort of physical activity, thus contributing to a healthy lifestyle.
Objectives: To investigate physical activity patterns among adolescents.
Methods: We conducted a descriptive and exploratory study. The sample consisted of 680 adolescents attending high schools in the district of Porto. A questionnaire was applied to collect data between June and November of 2005.
Results: Adolescents were between 15 and 19 years old; 59.6% were female; 60.6% of adolescents practiced physical activity (we considered physical activity all activities related to sports or any physical exercise. We excluded from this physical education courses conducted in schools). The three most popular sports were soccer, gymnastics and swimming. The frequency of physical activity varied from 1 to 7 times per week. The time dedicated to physical activity per occurrence ranged between 30 minutes (3.7%) and 4 hours (1.7%). The total number of hours per week dedicated to physical activity varied between 30 minutes and 21 hours (average 5.54 hours; SD = 4.08). Male adolescents are more engaged in sports ($p = 0.000$). We found no differences in physical activity patterns according to age ($p = 0.24$) or school year ($p = 0.09$). Male adolescents spend more time engaged in physical activities ($p = 0.000$).
Conclusions: In line with results obtained by other researchers, our study shows that male adolescents are more engaged in and dedicate more time to physical activity than female adolescents. However, we concluded that physical activity generally decreases as adolescents become older. As also suggested by other authors, this may be associated with increasing responsibilities and school work, personal relationships, such as dating and friendships.

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

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Introduction: On an international level, several studies using a sociological approach have tried to identify how professional and elite-non-professional players deal and manage with pain and injuries. In Portugal the research in this area is almost inexistent.
Objectives: To understand how Portuguese non-professional rugby players respond to and manage pain and injury.
Methods: Data for this study were gathered by tape-recorded semi-structured interviews of about forty-five minutes each. We interviewed fifteen Portuguese National Under-17 Male Rugby players. A non-probability and convenience sample was employed. The interviews were thematically analysed.
Results: All interviewed athletes showed a predisposition to ignore and disregard pain and admitted to having played, at least once, while injured or in pain. Players revealed being encouraged to prove their masculinity by playing injured. The data showed that many players are willing to play while injured because they do not want to "let the team down" and they want to help their teammates and also because they want to participate in an important match.
Conclusions: Portuguese non-professional under-17 rugby athletes appear to respond and manage pain and injury in broadly similar ways as those in other professional and amateur sports. They revealed that playing with pain is something "completely normal" and they expect the same attitude from the other teammates. Despite the players' intrinsic motivations, they are sometimes pressured by other staff such as coaches or physiotherapists. The data collected raises many questions about whether sport is a health -enhancing activity.

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

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Introduction: Some students, in university, who until then practiced some kind of sport, fail to do so, and surrender to the sedentary of academic life. It may begin here a bohemian and sedentary life and the first cases of depression and anxiety disorders.
Objectives: To observe the existence of a relation between the lifestyle of college students and their health.
Methods: The sample for this study is composed of 338 students from Escola Superior de Tecnologias da Saúde de Coimbra. It was administered a battery of tests that assesses physical and mental health, the presence of psychopathological symptoms, a physical activity and alcohol consumption habits, composed of the MOS Short-Form 12-Item Health Survey, International Physical Activity Questionnaire, Brief Symptom Inventory and a questionnaire on alcohol consumption habits.
Results: The consumption of alcohol is associated with lower mental health status and with the existence of psychopathological

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symptoms. The fact that he has already submitted a drunken state is positively correlated with vigorous physical activity. The physical health status is correlated with the presence of psychopathological symptoms. The practice of elevated physical activity is negatively correlated with the existence of psychopathological symptoms.
Conclusions: There is a negative correlation between alcohol consumption and mental health. There is a positive relation between alcohol consumption and physical activity. Physical health is negatively correlated with mental health to physical activity was negatively associated with mental health. Thus the practice of physical activity can be used as a mean of reducing alcohol consumption and improve the physical and mental health.

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

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Introduction: Family plays an important role on child development as well as with engagement in physical activity (PA). However there is lack of research on strategies to increase parents' effectiveness as part of the process.
Objectives: The aim of this study was to evaluate parents' awareness about restrictions, decisions, concerns and certainties about PA and infant feeding (IF) that took part in a school-based intervention program to prevent obesity.
Methods: Parents of 79 children from 6 schools in Porto took part in this study. The students included in the project ACORDA (i.e. obese children and adolescents involved in PE and diet counseling during 8 month). To evaluate parental awareness, attitudes and practices about IF, a Child Feeding Questionnaire (CFQ) was used with 31 items. For PA levels, accelerometers ActiGraph GTX3 were used during 7 days. 2000 count.min-1 was set as cut point for Moderate to Vigorous intensity (MVPA). To analyze how variables changed over time, deltas (Δ) were calculated. Pearson correlations were used.
Results: Showed that there were significant positive correlations between Δ MVPA and the items**:** How do you rate your child's weight during the 1st year of life 0.484 $p = 0.003$; I have to be sure that your child does not eat too many sweets foods 0.489 $p = 0.002$; and high in fat 0.407 $p = 0.014$; I intentionally keep some foods out of reach of my son 0.449 $p = 0.007$; If i did not control or guide them to feed my son, he would eat a lot less than it should 0.368 $p = 0.027$; How often is that controls the candy 0.390 $p = 0.017$; and snacks your child eats? 0.517 $p = 0.001$.
Conclusions: Children who had increased their PA levels were correlated with parents' certainties, restriction and control about IF, which reinforces the importance of parents support.

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

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Introduction: People with diabetes have an increased risk of falling due to diabetes complications like autonomic dysfunction, peripheral neuropathy and retinopathy. These can lead to postural hypotension, alterations in gait, balance disorders and visual impairment. Timed Up-and-Go Test is an international recommended tool for screening for falls risk, and it consists of a timed performance of getting up from a chair, walking 3 m, turning around, and walking back to sit down again.
Objectives: To analyze the effects of Diabetes em Movimento® a community-based supervised exercise program on Timed Up-and-Go Test performance in patients with type 2 diabetes.
Methods: This was a longitudinal study design. Twenty-three individuals with type 2 diabetes (12 men and 11 women; age 60.17 ± 7.85 years old; BMI 30.38 ± 4.64 kg/m^2) underwent a community-based group exercise program, of 23 weeks duration, combining aerobic, resistance, agility and flexibility exercise. Exercise sessions were held three times per week on non-consecutive days, with 70 minutes duration and were supervised by exercise professionals. Timed Up-and-Go Test performance was recorded before and after exercise program (pre and post-test).
Results: Exercise program dropout was 26.09% (N = 6) and exercise adherence was 70.79 ± 19.73%. Timed Up-and-Go Test performance improved 15.35% ($p < 0.001$) after exercise program implementation.
Conclusions: Community-based supervised exercise programs like Diabetes em Movimento® can contribute to falls prevention in type 2 diabetic patients. Trial registration**:** Current Controlled Trials ISRCTN09240628.
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EFFECTS OF DIABETES EM MOVIMENTO® COMMUNITY-BASED EXERCISE PROGRAM ON BODY COMPOSITION IN PATIENTS WITH TYPE 2 DIABETES

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Introduction: Insulin resistance and type 2 diabetes are related to changes in body composition, often resulting in sarcopenic obesity, which are associated with functional limitations and increased mortality.
Objectives: To analyze the effects of Diabetes em Movimento® a community-based supervised exercise intervention on body composition in patients with type 2 diabetes.
Methods: This was a longitudinal study design. Twenty-three individuals with type 2 diabetes (12 men and 11 women; age 60.17 ± 7.85 years old; BMI 30.38 ± 4.64 kg/m^2) underwent a community-based group exercise program, of 23 weeks duration, combining aerobic, resistance, agility and flexibility exercise. Exercise sessions were held three times per week on non-consecutive days, with 70 minutes duration and were supervised by exercise professionals. Body mass and body composition (fat percentage; fat mass and fat free mass) were determined by before and after exercise program (pre and post-test). Strategies to control or change nutritional habits were not applied during program intervention.
Results: Exercise program dropout was 26.09 % (N = 6) and exercise adherence was 70.79 ± 19.73 %. Significant changes were identified in fat mass (−6.53%, $p = 0.001$), in fat free mass (+1.64%, $p = 0.048$) and in body mass (−0.9%, $p = 0.047$) between pre and post-test.
Conclusions: Community-based supervised exercise programs like Diabetes em Movimento® seem to induce positive changes on body composition and prevent or delay sarcopenic obesity in type 2 diabetic patients.

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

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Introduction: Cardiovascular autonomic neuropathy is a common diabetes complication that has been shown to impair exercise tolerance and reduce heart rate (HR), blood pressure and cardiac output responses to exercise, that can lead to hazardous levels of exercise intensity. Patients with diabetes are recommended to rely on their perceived exertion (PE), a valid, practical and affordable tool for monitoring exercise intensity.
Objectives: To analyze the association between objectively measured HR and subjectively reported PE during aerobic exercise in patients with type 2 diabetes and to evaluate if their exercise intensity zones are accordant.
Methods: Participants' HR and PE were assessed during aerobic exercise using HR monitors and Borg's rating of PE (6 to 20 scale), respectively, along 20 weeks. Both variables values were classified using American College of Sports Medicine exercise intensity classification (very light, < 30% HR reserve or < 9 PE; light, 30-39% HR reserve or 9-11 PE; moderate, 40-59% HR reserve or 12-13 PE; vigorous, 60-89% HR reserve or 14-17 PE; maximal, ≥ 90% HR reserve or ≥ 18 PE) and their accordance was analyzed.
Results: Spearman's rho for HR and PE was 0.475 ($p < 0.001$, two-tailed, $r2 = 0.194$). HR intensity classification was 36.4% accordant, 12.5% superior and 51.1% inferior to PE intensity classification.
Conclusions: Although a moderate association was observed, in most cases HR appears not to be accordant with PE. HR should be used with careful when monitoring aerobic exercise intensity in patients with type 2 diabetes.

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

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Introduction: Several authors evidence the sports benefits for the person and clildren with disability (Winnick, 2005). In Portugal the research in this area is almost inexistent.
Objectives: Our research aimed to recognize the benefits of sportive-practice on the psychomotor profile evolution of children carrying different disability types.
Methods: This study characterized as exploratory and descriptive embodies investigation - action type (Castro, Morgan, & Mesquita, 2012) focused itself upon five children, aged between 4 and 12, diagnosed with several disability types (neuromotor disability, Down Syndrome, Cerebral Palsy, etc.). However, all children have got intellectual and motor skills which enabled them to respond at least to the understanding and to the performance of protocoled tasks on the Psychomotor Battery (PB) (Fonseca, 2010).The PB was employed within 3 moments: initial assessment - November 2011; intermediate assessment - January 2012; final assessment - June 2012.
Results: During these 3 assessment interval physical activity sessions were held, one per week, divided into two phases: 1st phase, within a gym context - between November 2011 and January 2012; 2nd phase in water - between January 2012 and June 2012. The findings enable to verify that all children's psychomotor profile developed positively, some of them even moved from the normal psychomotor profile, recorded in the initial assessment, to a good psychomotor profile recorded within the final assessment.
Conclusions: The findings suggested that physical activity have the potential to make distinctive contributions to the development of children's fundamental movement skills and physical competences.

STUDENTS REPRESENTATIONS OF PHYSICAL EDUCATION

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Introduction: Physical education and sport in schools have the potential to make distinctive contributions to the development of children's fundamental skills and competences, which are necessary precursors of participation in later lifestyles (Bailey, 2006). However, in Portugal researches that take into account students opinions concerning physical education (PE) are very scarce.
Objectives: To analyse students representations of Physical education.
Methods: The data for this study was gathered through questionnaires applied to 10 14-18 years old students from a school located in the interior north of Portugal. The data collected was thematic analysed.
Results: The students established a narrow association between PE classes and health, conceiving Physical Education as a discipline capable of helping in the prevention of diseases and promotion of health and well-being. The students consider PE important because it intervenes in the creation, configuration and modeling of the body, affirming to feel pleasure on the day they have PE classes.
Conclusions: For the students PE is a valuable tool in the promotion of health and well being and contributes decisively to a more active lifestyle. These students acknowledge the fascination presented by the new technologies and that may promote sedentary lifestyles which are strongly associated with a large number of diseases. However, they recognize PE as a useful tool that may combat the increasing sedentarism and that may help people to feel more active and resistant.

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

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

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(measured through internal and external loads) of male high-school students with different skill levels during 3 small-sided soccer games (SSGs). This information is deemed important for planning Physical Education (PE) classes.
Methods: 8 soccer skilled (Sk) and 8 novice (Nv) high-school boys (aged 15-16 years) were monitored during 4-a-side SSGs played in 3 pitch dimensions: small (SP), intermediate (IP) and large (LP). Games were 7-min duration interspersed with 7-min of rest. Players wore heart rate monitors and 15-Hz GPS units. Edward's training load (ETL) and total distance covered (TDC) of each player were calculated according to SSG and subjected to a 2-way mixed-model ANOVA [within subjects - pitch size; between-subjects - skill; effect sizes (Es) reported as partial eta squared].
Results: A main effect for pitch ($F = 6.29$, $p = 0.006$, $Es = 0.32$) was observed, but no interaction effects were detected between pitch and skill level ($F = 0.18$, $p = 0.82$, $Es = 0.01$) for ETL. Sk tended to present lower ETL in all pitches - SP: Sk-Nv = −5.32, $p = 0.06$; and IP: Sk-Nv = −3.72, $p = 0.07$. Concerning TDC, a main effect for pitch dimension ($F = 4.26$, $p = 0.02$, $Es = 0.23$) and an interaction effect for pitch and skill level ($F = 19.80$, $p < 0.001$, $Es = 0.58$) were detected. Significant differences between and within groups were found for TDC across all SSGs ($p < 0.05$ in all comparisons).
Conclusions: Pitch size influenced exercise intensity during SSGs, but skill level descriminated only for TDC, with skilled students being more efficient. PE teachers shall be aware of these constraints when designing soccer drills for health promotion in high-school PE classes.

5. ORAL HEALTH

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

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Background: Oral health is a part of general health and associated with quality of life. Changing a child's behaviour towards health is the starting point to reduce the prevalence of oral diseases. The aim of this study was to assess oral health behaviours and the prevalence of dental caries and fissure sealants among a Portuguese sample of children and adolescents.
Methods: A sample of 272 students aged 8 to 17 years old, attending four public schools of the districts of Viseu and Guarda, Portugal, was enrolled in this cross-sectional study. Data collection was accomplished by the application of a questionnaire with questions about oral health behaviours that were answered by children and adolescents in the classroom. Clinical examination of oral health status was carried out in order to assess the presence of fissure sealants, prevalence of dental caries and the decayed, missing and filled teeth index (DMFT index).
Results: A high prevalence of students practice oral hygiene habits at least once a day (75.4%), from which 24.2% toothbrush only once a day, 56.7% twice a day and 19.1% more than twice a day. According to gender, 83.1% female brush their teeth everyday while only 72.1% male brush everyday ($p = 0.035$). 52.9% do not floss daily and 28.1% refer not having a dental appointment in the last twelve months. The main reasons for a dental appointment were: check-up (43.6%) and toothache (18.3%). The prevalence of fissure sealants was 53.1% and the DMFT index was 1.42, with a dental caries prevalence of 58.2%.
Conclusions: Portuguese adolescents' oral health behaviours need to improve and primary preventive strategies should be considered in order to reduce a higher level of oral diseases and improve oral health behaviours which should start among the younger children.

ASSOCIATION BETWEEN DENTAL CARIES AND BMI IN ADOLESCENTS

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Introduction: Weight gain, reflected in body mass index (BMI) Overweight and obesity is a public health problem. In theory, overweight/obesity may be associated with dental caries but documentation of such an association is limited and inconsistent.
Objectives: This study sought to assess whether there was a relationship between dental caries and BMI and also the oral hygiene habits (time and frequency).
Methods: Cross-sectional study with 181 teenage volunteers (91% stake) of the birth cohort of 1995 and the same core school (Castelo de Paiva) and 50.3% female. The indicators oral clinical and anthropometric measurements were recorded according to WHO criteria for such studies. Data analysis was performed with SPSS® vs.17.0 admitted $\alpha = 0.05$ in the procedures of statistical inference. Were safeguarded the inherent ethical and deontological aspects to the study.
Results: The mean (SD) of caries was 3 (3.5), ranging between 0 and 11, the DMF was 4.04 (2.79) between 0 and 12, with 69.1% of subjects display normal BMI for the respective percentile, 3.3% below normal, 19.3% overweight and obesity 8.3%. 1×dia sanitizes 55.8%, 38.7% 2×dia, 3×dia 1.7%, and 73.5% do before bedtime and 63% in the morning.
Conclusions: There was no significant difference in DMFT for the 4 levels of BMI (T.Kruskal-Wallis test, $p = 0.231$ and 0.321) in this population group. Is it worth testing other groups with different ages. The number of dental caries, DMFT is significantly lower for those who wash their teeth before bedtime (T.Mann-Whitney test, $p = 0.005$ and 0.003). Appropriate health policies should be established to minimize the impacts of these two important pathological conditions affecting young teenagers.

PARENTAL ORAL HYGIENE PRACTICES: INFLUENCE ON THEIR CHILDREN HABITS

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

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Objectives: To evaluate the oral hygiene habits of parents and their adolescents children.
Methods: Cross-sectional observational study in a sample of 661 parents and 661 adolescents attending public schools in the central region of Portugal, with an average of 13.22 years (± 1.139). Data collection was conducted through questionnaire on oral hygiene habits.
Results: Parents' oral hygiene habits**:** 52.5% of parents brush their teeth twice a day and 83.5% take less than 2 minutes brushing, 74.5% of the parents don't use dental floss, 16.3% use it one or more times day and 9.2% rarely use it. The change of the toothbrush occurs each 3 months in 31.8% of the parents. Regarding children, we have observed that 63.8% of adolescents brush their teeth twice a day and 40.7% always brush their teeth at night, 43.1% of adolescents don't use dental floss, 31.8% rarely use it and 19.5% use it once a day. The change of the toothbrush occurs each 3 months in 28.3% of the adolescents.There was a positive association between oral hygiene habits of parents and their children ($r = 0.293$, $p = 0.000$). Thus, better oral hygiene habits of parents correspond to better habits of children.
Conclusions: Educational programs for parents on oral health have a vital importance towards the adoption of healthy habits. Through rolemodeling, these strategies facilitate oral health on children.

PREVALENCE OF ORAL HEALTH BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

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Background: The frequency of toothbrushing, use of dental floss, regular dental appointments and the application of fluorides and fissure sealants are important oral health behaviours in order to prevent oral diseases.
Objectives: The objective of this study was to assess the oral health behaviours in a Portuguese sample of adolescents.
Participants and methods: A sample of 309 adolescents (66.9% female) aged 12 to 19 years old, attending a public school in Sátão, Portugal, was enrolled in this cross-sectional study. A self-administered questionnaire with questions about adolescent socio-economic status and oral health behaviours was answered by adolescents in the classroom. Prevalence was expressed in proportions and compared by the Chi-square test.
Results: The prevalence of toothbrushing (twice-a-day or more) was 80.7%, more frequent among the female (82.9% vs. 72.3%, $p = 0.02$), in which 46.1% refer brushing their teeth, tongue and gums. Forty-one point two percent of adolescents reported using dental floss, more frequent among female (46.1% vs. 31.5%, $p = 0.009$). Sixty-five point seven percent had one or more dental appointments in the previous twelve months and the most frequent reasons referred were**:** 76.5% for a dental check-up and 25.2% when having a toothache. We verified that 29.5% of adolescents refer knowing the definition of a fissure sealant, while 11.2% refer having fissure sealants applied on their teeth.
Conclusions: One fifth of adolescents don't toothbrush at least twice-a-day and one forth don't have an annual check-up dental appointment and visit a dentist only when they have toothache. Oral health community programs and primary preventive strategies should be considered in order to reduce a higher level of oral diseases and improve oral health behaviours.

CHEWING ABILITY AND ORAL HEALTH IN ELDERLY

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Introduction: According to information gathered, as age increases the ability to chew will be deteriorating, so we intend to determine the relationship between this variable and oral health in elderly.
Objectives: Assess the level of the masticatory capacity of the elderly. Analyze the influence of sex, of the Signs and Symptoms of oral cavity and masticatory capacity in the perception of oral health among the elderly.
Methods: Descriptive study using information collected in a cross-section, developed in a sample of 435 elderly, 30.57% male and 69.43% female. The average age stood at 80.94 years. For data collection we used the Functional Assessment Scale of Subjective Oral Health OHIP - 14 (Slade and Spencer, 1994) and Leake Index - chewing ability (Leake, 1990).
Results: Most seniors (77.01%) had poor chewing ability. For signs and symptoms of oral cavity, 67.36% of seniors said they feel dry mouth. Inferred that there is a low negative association between chewing ability and oral health perception ($r = -.0257$; $p = 0.000$).
Conclusions: Since 77.01% of the elderly has a poor ability to chew the food provided must be adapted to this reality. The practice sessions for health education are useful in demonstrating proper oral hygiene and encouraging good practice, leading to a reduction of oral diseases.

6. HEALTH AND ADDICTIVE BEHAVIORS

ADDICTION IN PREGNANCY: TAKING CARE IN THE TRANSITION PHASE

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

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

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

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Introduction: Schizophrenia is a serious and persistent mental illness, with early onset, male preponderance, causing high levels of disability, and 1-1.5% prevalence. The illness prevalence increases till 5-10% among first-degree relatives, so its occurrence is also associated with several environmental factors, namely Cannabis use during adolescence. Since Cannabis use has become more common among young people in Portugal, this study aims to collect and synthesize scientific evidence on how Cannabis use relates with increased risk of schizophrenia.
Methods: Based on Cochrane Handbook (2009) methodology, studies (since 2000) available on several scientific databases were identified and analyzed, using the following descriptors**:** cannabis, schizophrenia, psychosis, mental health.
Results: Data collected from a total of 18 studies, from 9 countries, suggest that Cannabis use during adolescence does increase, at least twofold, the risk of schizophrenia. Such risk is even higher (up to six-times) depending on how early the person starts using Cannabis, and on a dose-effect relationship. Current knowledge about the brain biochemical mechanisms clearly shows that Cannabis, especially its THC component, is responsible for progressive changes in the same neuronal circuits as the ones found in people affected by schizophrenia. Such brain changes are more likely to happen during adolescence, since adolescents brain is undergoing a very active developmental phase.
Conclusions: Cannabis use is an important risk factor for schizophrenia, mainly among adolescents. Therefore, interventions aiming at preventing Cannabis use among adolescents are paramount, including regular health information on this topic, for adolescents and their parents, teachers and other educational agents.

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

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Introduction: Decree-Law 9/2002, of January 24, prohibits the sale of alcohol to under-16 years old (n.1, art. 2nd) and its consumption in public places and in places open to the public (n.2, idem). However, our experience of observation, confirmed by the testimonies of respondents and frequent public debates about the theme, lets realize that in many shops there disrespect to this legal provision.
Objectives: This study seeks to understand the zeal in meeting the legislated for the sale and consumption of alcoholic beverages.
Methods: A qualitative investigation, using the direct method of gathering information. The study was conducted at the School of Estremoz municipality, located in the central region of Alentejo, Portugal. Comprehensive semistructured interviews were conducted. The sample consisted of ten pupils consumers: five in the 8th grade and five in the 10th grade, aged between 14 and 16 years old.
Results: The purchase of alcohol by young people under the age of 16 years old is easy. In the unanimous opinion of the subject, the economic advantage for sellers, resulting transactions, appears to contribute to this act of easy access to alcohol. They claim that newly opened bars are tougher for sale but, after some time the restriction is attenuated by passing the transaction happening without being checked ages of young buyers.
Conclusions: The bars and nightclubs in the region do not guarantee compliance with the restrictions on the sale and consumption of alcohol. Physical appearance is, even where the zeal is greater, a warrant for entry-under 16 years old in bars.

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

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Introduction: Portugal is considered the 4th largest consumer of alcohol in the European Union (Feijão, 2007; Fonte & Manita, 2009) and this consumption has increased in younger ages (Carvalho et al, 2007; Plano Nacional de Saúde, 2012-2016). The leading cause of death among adolescents is the traffic accidents, many of them associated with the excessive consumption of alcoholic drinks (Breda, 2010; Cordeiro, 2009; World Health Organization, 2011). Portugal is one of the European countries that has a higher mortality rate associated with this consumption (Plano Nacional para a Redução dos Problemas Ligados ao Álcool, 2009).
Objectives: The aims of this research were to characterize the alcohol consumption habits of the adolescents and to identify their needs for health education.
Methods: An exploratory and descriptive study was carried out and 441 students of primary and secondary levels participated. The majority of them were male (53.1%) with a mean age of 14.5 years old. We collected data through an anonymous, self-answered questionnaire.
Results: The results showed that 45.3% of the adolescents consume alcohol and they began the consumption with a mean age of 13.5 years old. Most of them have experienced at least one episode of drunkenness and they don't intend to stop drinking. Beer is the preferred drink of both male and female and they choose their friends to drink with. Adolescents who consume alcohol have friends and family with these habits.
Conclusions: This study pointed out that it is a priority to invest in a precocious primary prevention and particularly in the early phase of the adolescence, before the initiation and/or experimentation of alcohol.

ALCOHOL CONSUMPTION AMONG HIGH-SCHOOL ADOLESCENTS

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

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consumption in adolescence continues to be an important public health concern.
Objectives: To identify alcohol ingestion habits among high-school adolescents.
Methods: We carried out a descriptive and exploratory study. Data were collected through a questionnaire and took place between March and November of 2005. The sample used comprises 680 adolescents attending high school in various schools in the district of Porto. The respondents are aged between 15 and 19 years old and the majority are females (59.6%).
Results: We concluded that 42.6% of the adolescents consume alcoholic drinks. The majority (73.5%) started to drink between 14 and 16 years old (on average at 14,5 years old, SD = 1.64). Concerning alcohol consumption by their friends, nearly half (45.1%) of the respondents state that most of their friends are regular drinkers. Most of our drinking adolescents (75.8%) do so in the company of their friends. The number of drinking adolescents increases as they become older ($p = 0.005$). Boys drink more than girls ($p = 0.002$). Having drinking friends is associated to alcohol consumption ($p = 0.000$). The vast majority of drinking adolescents (92.3%) does not wish to stop drinking. Nearly half of our drinking adolescents (44.1%) say that they have already got drunk. Age is related to getting drunk ($p = 0.004$).
Conclusions: The results obtained in our study are in accordance with those available from other works in this area, showing that adolescence is when most youngsters first come into contact with alcohol (HAYES et al, 2004), that alcohol consumption increases as they get older.

HEPATITIS C AMONG DRUG ADDICTS: NOT ALL ARE EQUAL

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Introduction: Chronic Hepatitis C is widespread among drug addicts. Although the disease is highly variable and prolonged in time, some groups of patients are at increased risk of developing advanced disease. They are the excessive drinkers, those with co-infection with HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus) and those who have progressed to a state of moderate or severe fibrosis.
Objectives: The objective of this study was to identify and quantify a population of drug addicts with hepatitis C patients at increased risk of developing advanced disease.
Methods: This was an observational cross study of a sample of 40 patients undergoing treatment for drug addiction. We identified the problem that motivated the intervention and the respective treatment. Based solely on records of laboratory parameters the quantification of the presence of co-infection was ascertained, signs suggestive of alcohol consumption were identified, and, using a model called "index ratio AST (aspartate transaminase) / platelets" (APRI) and platelet count, the degree of liver fibrosis was established.
Results: Most patients are dependent on opiates and are on a Methadone Replacement Program. A quarter of the patients studied presents significant fibrosis. Co-infection with HIV occurs in almost one third of the patients. A percentage between 30 and 60% of the patients have high levels of alcohol consumption.
Conclusions: The drug dependent patients with Hepatitis C studied accumulate a number of risk factors for disease evolution. Simple measures like those used in this study allow us to identify those who are at higher risk of having advanced fibrosis, high levels of alcohol consumption or coinfection.

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

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Introduction: Adolescence is characterized by a process of growth and bio psychosocial development. It is a key stage in the life cycle where adolescents may start to consume tobacco. The use of this substance among adolescents has become a public health issue. The tobacco consumption by the Portuguese adolescents increased between 2007 and 2011 (Hibell et al, 2009; 2012).
Objectives: The purpose of this research was to characterize the tobacco consumption habits of the adolescents from a school in the northeast of Portugal as well as to identify their needs for health education.
Methods: An exploratory and descriptive study was conducted and we collected data between April and May 2011. We obtained 441 filled out questionnaires from adolescents between 10 and 19 years old.
Results: The study showed that the consumption of tobacco is a reality for some adolescents**:** 18.6% are smokers who began the consumption with a mean age of 13.8 years old. The majority of them want to quit/reduce the consumption. The adolescents who smoke have friends or relatives with that consumption habit. Most adolescents have received information on the harmful effects of tobacco in adolescence and do not want to get more information.
Conclusions: The results highlight the need to invest in Health Education actively including the adolescents in the process. This process should be initiated early to prevent or delay the initiation of consumption and must not only involve adolescents, nurses and other health professionals, but also parents, peers, school and the rest of the community.

PSYCHOACTIVE SUBSTANCE CONSUMPTION: THE REALITY OF OUR TEENAGERS

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Introduction: The use of psychoactive substances is a serious public health problem. These substances have both immediate and long term effects. They can produce dependence and its starting more and more at an early age.
Objectives: Characterize drug use in a sample of adolescents from three different schools in the district of Coimbra.
Methods: Analytical cross-sectional study developed between January and March 2013, based on surveys about alcohol, tobacco and other drugs use habits of students from the 8th and 9th grades. Statistics**:** SPSS 18® ($p < 0.05$).
Results: We included 322 students, aged between 12 and 18 years old (median 14), with 51% female and 53% from the 9th grade. The median age for the first experience with the different drugs was 13. Tried alcohol 66% and 46% of those continue to consume, mainly beer (64%), at parties (64%) and with friends (55%). As for tobacco, 31% have had an experience and 28% of those keep consuming, 11% more

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

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

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Introduction: In Portugal, there has been in recent years a marked increase of smartshops. In 2012, the estimated number of stores in operation was 40 shops, occurring also an increase in poisonings related to these drugs, especially among young people.
Objectives: Evaluate the consumption of legal drugs of students, of IPC from Coimbra, see if there is concern about the risks of consumption and the importance given to this issue.
Methods: This is a quantitative descriptive and explanatory cross-correlated study with a non-probability convenience sample of 866 students attending IPC schools in Coimbra. The evaluation protocol includes a questionnaire, covering initially a description of socio biographical data of the participants, and then, developed a second part which assessed more conceptual consumption habits of drugs and other substances of students IPC.
Results: We found that in the 866 students, 18.5% (160) students with average ages of 21 years, consume legal drugs from smartshops. In terms of students' concern at the possible consequences that arise from the consumption of legal drugs, it was found that most respondents are more or less concerned about the risks associated with use, but 40.9% said that this matter is very important at public health.
Conclusions: The study revealed that although the population say that this issue is very important in terms of public health, but is more or less concerned about the risks, which shows that the population has no knowledge of the real risks posed by the consumption of these drugs. The number of registered consumers tells us that there is a growing consumption among students, mainly in the younger. The implementation of actions to raise awareness among young people could help reduce public health risks.

TOBACCO CONSUMPTION AMONG HIGH-SCHOOL ADOLESCENTS

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Introduction: Many adolescents today are engaging in health risk behaviors that are unhealthy, addictive, and dangerous. Tobacco is generally the first drug consumed by children and adolescents.
Objectives: To analyze tobacco habits among high-school adolescents.
Methods: We carried out a descriptive and exploratory study, based on a sample that comprises 680 adolescents attending high schools in the district of Porto. Data collection was done using a questionnaire and took place between June and November of 2005.
Results: The adolescents involved in our study was between 15 and 19 years old, 59.6% are female, 13.4% smoke, they started to smoke at a minimum age of 9 and maximum of 19, but on the average they started at 13.67 years old (SD = 1.76). They referred that they started to smoke because they "wanted to try", "due to the influence of their group of peers", "for reasons of style", "due to familiar problems". Girls started smoking earlier than boys ($p = 0.017$), the highest percentage of smokers is found among those who drink coffee ($p = 0.000$) and alcohol ($p = 0.000$) and have smoking family members ($p = 0.001$).
Conclusions: The findings of our study are similar to those of other authors, showing that adolescence is when most youngsters first come into contact with tobacco. The percentage of smoking adolescents is significantly higher among those that exhibit other risk behaviours, such as alcohol consumption (Dowdell, 2002). Curiosity and compliance with the rules adopted by the group of peers are the reasons that lead the adolescent to start, while pleasure and addiction are the most common causes for continuing to smoke. Smoking friends (Dowdell & Santucci, 2004) and smoking parents (Fritz, 2000) are associated to the development of smoking habits.

EFFECTS OF A PEER TRAINING PROGRAM ON RISK ASSESSMENT IN ADOLESCENTS

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Introduction: The programs of health education should be continuous and multifaceted (Nunes, Breda, 2001). The study aims to evaluate the effectiveness of a program of health education about smoking and create and validate one scale of the risk assessment in adolescents (Escala de Avaliação do Risco em Adolescentes - EARA).
Methods: The program consisted of a set of 12 actions of health education,directed experimental to one group (students in 7th and 8th grades of the Schools of Oliveira de Azeméis). A random sample in clusters is composed of 310 students. The control group consists of participants 153 and 157 participants per experimental group. This is an experimental study randomized "before-after with control group". In this study, existed three observations.
Results: The validity of the EARA, a whole of 11 items, presents good arguments of fidelity and validity. The internal consistency with Cronbach's alpha was 0.919 and the factor structure with varimax rotation, showed a value of Kaiser-Meyer-Olkin of 0.924. The scale consists of two dimensions: behavior, which explains 45.71% of the variance and self-esteem, which explains 19.73% of the variance. The longitudinal analysis (Friedman test) reveals there were statistically significant differences in the experimental group elements in repeated measurements on the dimensions self-esteem and behavior.
Conclusions: The elements of the experimental group after implementation of the intervention program increased the perception of high risk of substance use, including tobacco, which remained high even after one year. The perception of risk associated with self-esteem and behaviors, including tobacco,

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

MULTIPLE CAUSES OF SUCCESS OR OTHERWISE IN SMOKING CESSATION

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Introduction: A better understanding of predictors of success in smoking cessation can help in the identifying smokers who stand a fair chance of quitting. The purpose of the present paper is to review those predictors of smoking cessation that can help in routine clinical consultation.
Methods: This is a retrospective, correlational cohort study, which aims to evaluate the effectiveness of smoking cessation services and to identify factors that influence their success. We considered a systematic random probability sample consisting of 395 people enrolled in the outpatient smoking cessation programs of 12 Health Centers in the Central Region of Portugal.
Results: The older adults ($p = 0.001$; $p = 0.008$), with self perception of family support (0.004; $p = 0.002$), those who said they were able to cut out fewer cigarettes ($p = 0.005$; $P = 0.051$), those who had gone longer without smoking in previous attempts ($p = 0.004$; $p = 0.24$) and those who attended the sessions more regularly ($p = 0.000$; $p = 0.000$), were the ones who achieved greater success in giving up smoking at 3 and 6 months. The members of the groups that had lower nicotine dependence ($p = 0.018$) and those who smoked fewer cigarettes were more successful ($p = 0.026$) at giving up for the first three months. Many of those who did not have any specific treatment were unsuccessful in their attempt to give up smoking. The cases of success in smoking cessation at 3 and 6 months can be explained first, by the use of bupropion, secondly by the use of varenicline and finally, by the use of nicotine substitutes ($p = 0.000$; $p = 0.000$).
Conclusions: Smoking is a complex disease that requires a multifaceted approach to implement and strengthen strategies to support smokers wishing to quit smoking.

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

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Introduction: The criminalization models of drug use have being shaken by the evolution of knowledge and a more holistic understanding of the phenomenon. Portugal differs because for over a decade it has operated an innovative law that decriminalizes drug consumption (Law 30/2000, November 29). An in-depth knowledge of the Portuguese experience is of a great importance because it can shed light on the impact of the legal context on consumption behaviours. However, the assessment of this impact should be preceded by an analysis of the social representations of the law that regulates drug consumption.
Objectives: The present study set out to discuss these social representations.
Methods: This is a study based on semi-structured group interviews of 95 young people, aged 15 to 24, as a target group.
Results: We found an enormous lack of knowledge about the legal framework regulating drug use in Portugal: 79% of the respondents think that drug consumption is a criminal offence, even mentioning the greater tolerance shown by the police and courts regarding the use of soft drugs (such as cannabinoids), while the rest (21% of respondents) said they did not know about the current legal framework.
Conclusions: These findings are corroborated by other studies and show that the social representation of the criminalization of drug use is (still) dominant in Portuguese society. The results of this study suggest further research that would try to understand the causes of the gap between the legal framework related to drug use in Portugal and its social representations.

ALCOHOL CONSUMPTION IN YOUNG ADULTS: THE COLLEGE REALITY

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Introduction: The young-adult developmental stage constitutes itself a major challenge to affective and interpersonal development and autonomy building (Machado & Almeida, 2000). Knowing that the need for adaptation is often associated with this period, particularly in high education context, and considering that this challenges can generate high levels of stress (Pereira et al, 2009) young people become more vulnerable to engage in risk behaviors, including alcohol overconsumption (Vaughan, Corbin, 2009).
Methods: This is a quantitative descriptive study with a convenience sample of 428 students attending University of Coimbra in Portugal. The evaluation protocol included a sociodemographic questionnaire and a questionnaire built to assess drinking habits, evolution, reasons and information about alcohol problems.
Results: The results identified the 14-18 years as the most common age to start alcohol consumption (63.8%), with male individuals starting earlier than females. The majority of students referred that consume with friends (93%), more than once a month (31.4%). Although claiming having control over their drinking (92.3%) the students reported negative consequences derived from their consumption. Despite the high percentages of negative consequences, only 4.6% of the sample said they consider themselves as abusers or addicted. The overall sample seems to believe that is well informed on the subject, however the subjects had difficulties objectively describing an addicted person.
Conclusions: The results highlight the need for psychoeducational and psychotherapeutic interventions tailored for this age group characteristics. Such interventions are required to address topics as control, consequences and signs, between others.

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

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

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academic environments. However, it now makes sense to study the abusive consume as well as risk behaviors associated with it, which are part of student's day to day life, representing risks for physical, psychical and social wellness. Within a project of information and awareness of risk behaviors - There Are Nights Like this!
Objectives: It has been developed a research which objectives are**:** 1) to identify the risk behaviors related with substance abuse, sexual behaviors, road driving, violence and personal insecurity in these college students's daily-life, and 2) to identify if those behaviors whether maintain, reduce or increase in recreational environments or parties.
Methods: This study, with a sample of 123 college students, intended to explore the psychometric characteristics of Questionnaire of risk behavior in both daily and recreational context.
Results: The factorial structure show the existence of 5 factors that explain 69.99% of total variance, and these indicate that internal consistency was satisfactory. The strongest correlations were those between risk behaviors related to tobacco and cannabis consumption and having consumer peers and with risk behaviors associated to alcohol consume and nocturnal lifestyle. A high percentage of students refers drinking and sometimes lying down after sunrise, presenting an increase in those behaviors when going out at night.
Conclusions: These and others behaviors appear to increasingly integrate the daily-life of those students, happening not only in recreational environments.

7. HEALTH AND VIOLENCE AT SCHOOL, WORK AND FAMILY

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

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Introduction: Many young people don't find motivation in school to continue their studies. After experiencing several experiences of exclusion in regular education, school failure and dropout, some of them enroll in Professional Courses seeking to build a Life Project. What are their motivations and dreams, what risks they face?
Objectives: The present study intends to analyze life projects and motivations of young people attending the Professional Education, as well as learn about the most common risk behaviors.
Method: The sample is composed by two hundred and six individuals (N = 206) who attend professional courses (M = 19.63; SD = 2.88). A questionnaire was used to analyze the goals of life (PIL-R) and a scale for assessing motivation to learn in elementary students (EMA).
Results: The final outcome suggests that the majority is highly motivated in attending a professional course. At the same time, they pursue the life goal of achieving a professional career, which will lead them to get a job after a short period of time. It is noted as a risk factor that most respondents drink alcohol and some of them consumed marijuana. They hope to be happy, have a pleasant life, living with whom they like and avoiding painful or annoying situations.
Conclusions: The intrinsic and extrinsic motivation appears at the same level of importance for these students. Nevertheless, the intrinsic motivation is more likely to be essential when the group of students want to continue their studies in a higher level, whereas the extrinsic motivation is more focused in the group that is not expected to keep on studying.

ANTISOCIAL BEHAVIOURS IN ADOLESCENCE: STUDY WITH A PORTUGUESE SAMPLE

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Introduction: Within the framework of developmental psychology there is wide consensus on the complexity of antisocial behaviours, particularly during adolescence when individuals face considerable changes at various levels.
Objectives: We intend to clarify and answer some questions concerning the antisocial phenomenon that remain unanswered, especially those regarding different types of behaviours and significant variables that may be involved, such as social skills, self concept, personality, family relations, socioeconomic status, and gender.
Methods: A sample of 131 Portuguese students between 5th and 9th grades, were asked to fill, in classroom, a sociodemographic questionnaire and the portuguese versions of YSR (Achenbach, 1991; Fonseca et al, 1999), Rel-Q (Schultz, Selman, 2003); SSQ-Student Form (Gresham, Elliott, 1990; Mota, Matos, Lemos, 2011); FES (Moos, Moos, 1986; Matos, Fontaine, 1992); PHCSCS-2 (Piers, Hertzberg, 2002; Veiga, 2006), and EPQ-J (Fonseca, Eysenck, 1989). Parents were also asked to fill CBCL (Achenbach, 1991; Fonseca et al, 1994) and a sociodemographic questionnaire.
Results: Significant differences (< .050) were found between individuals who reported having (30%) and not having had (70%) antisocial conduts in several dimensions of personality, self-concept, social skills, and family environment. Furthermore, some of those dimensions were found to predict the score obtained in some factors from YSR and CBCL.
Conclusions: The important role of the analysed variables to understand antisocial conducts becomes clear. Our results mark the beginning of a path towards the construction of a developmental psychology based model, able to enlighten some of the uncovered aspects of the antisocial phenomenon in adolescence.

PSYCHOMOTRICITY AND VIOLENCE: FUNDAMENTALS AND THERAPY RESPONSE

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

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

NURSING INTERVENTIONS FOR PREVENTING CHILD MALTREATMENT: A SYSTEMATIC LITERATURE REVIEW

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Introduction: Child maltreatment is a complex and multicausal problem, with serious and irreversible physical, cognitive, emotional and social development consequences. The repercussions are reflected not only in childhood but also in adolescence with manifestation of symptoms like depression, anxiety, suicidal thoughts, school absences, and risk or deviant behaviors. With consequences in adulthood such as the intergenerational perpetuation of abusive behavior in a continuous maltreatment cycle.
Objectives: Identify nursing interventions that promote the transition of the parental role in order to protect the child and prevent the risk of abuse or neglect.
Methods: We used a treatment protocol of literature review technique for the search of the best empirical evidence in EBSCOhost cientific database, published in the last decade (between January 2002 and December 2012). The research question was developed based on the PICOD methodology: "What nursing interventions promote the transition of the parental role in order to protect and prevent the risk of chid maltreatment?".
Results: Were obtained 14 empirical studies that show the progress of nursing discipline in child protection and abuse prevention through programs implemented in the last decade and that contributed in favor of upholding children's values and rights.
Conclusions: The intervention at three levels of prevention (primary, secondary and tertiary) contributes not only to improve the quality of the life of children at risk but more widely to benefit the society. It is essential to evaluate the effectiveness of programs, its limitations, the perception of the individual participants and apply its results, improving the practice to safeguard children at risk.

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

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Introduction: Family violence exposure in childhood is considered as a risk factor for long-term health related consequences in later lives of the individuals (Olofsson et al, 2012). Other factors as family structure and social environment and young adults' health behaviors also may be related with poor self-related health (Heard et al, 2008; Roustit et al, 2011).
Objectives: To assess the relationship between childhood family violence exposure and self-related health in young adulthood in Latvia.
Methods: The primary data source is representative cross-sectional population survey about adverse childhood experiences (ACE) conducted in Latvia (2011). A total of 1223 young adults aged 18-25 years were included in analysis. In study dependent variable was self-rated health. Independent variables: gender, family related factors in childhood and health behavior related factors - smoking, alcohol abuse, physical activity in young adulthood. Regression analysis was performed.
Results: Those respondents who had experienced physical (OR = 2.4 (95% CI = 1.6; 3.5); $p < 0.001$) and emotional (OR = 2.0 (95% CI = 1.4; 2.7); $p < 0.001$) violence in childhood had higher odds of lower self-rated health in young adulthood after adjusting for gender, family related factors in childhood and health behavior related factors in young adulthood. No statistically significant associations were observed between lower self-rated health and experienced sexual violence ($p > 0.05$).
Conclusions: After controlling for gender, family related factors in childhood and health behavior related factors - smoking, alcohol abuse, physical activity in young adulthood, there remained relationship between physical and emotional family violence exposure in childhood and higher odds of lower self-related health in young Latvian adults.

EMOTIONAL ABUSE OF ITALIAN PRIMARY SCHOOL CHILDREN BY TEACHERS

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Introduction: Research on child abuse and neglect has been largely ignored, in particular in the school environment nonetheless produces the most destructive consequences of all forms of child abuse that represent a serious social problem as well as matter of primary importance for public health.
Objectives: The aim of this study was the investigation on emotional and physical abuse of primary school children by teachers and the effects of the gender, school adjustment and school grade of pupils.
Methods: The sample consisted of 384 pupils in the 4th and 5th grade of primary schools of nord-est Italian Republic. The selection of schools was made through a list available on the website of Ministry of Education. The study used a questionnaire with 5-point rating scale completed in class by a sample of children.
Results: Emotional abuse was found to be experienced by students in this study was dominating. More of them (64.4%) reported emotional abuse; almost the 29.3% reported neglect and the 6.3% reported physical abuse. The statistical analysis revealed significant differences between genders ($p < .001$); the boys result the most vulnerable group in all forms of abuse, in particular in 5th grade.
Conclusions: Seven form on emotional abuse exist in primary school and considering that its can cause school failure, juvenile delinquency, depression, suicide, anxiety, fear and low social competence. Intense training of teachers by school administrators may be required to improve the quality of relationship between pupils and teacher in order to decrease the prevalence of abuse in schools environment.

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

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

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other and during a period of time. Several studies have examined the prevalence of bullying among students from various countries showing that this is an international problem and that at least one in ten students is involved in a bullying situation. However, there are still few national studies on school bullying, especially in the southern region of the country.
Objectives: Characterize the bullying actions in the school environment, the student role, the feelings associated with these actions and define the characteristics of the offender.
Methods: 537 students enrolled in two schools in southern Portugal completed an anonymous questionnaire about one situation they have experienced bullying, describing the student role and feeling about this situation.
Results: The results revealed a prevalence of 61.7% cases of physical aggression and 29.7% of physical allocation. 12.7% of students were aggressors, 21.8% were victims and 63.6% were witnesses. 10.6% reported feeling well, 11% showed indifference and 78.4% of students felt themselves badly. It was found that as the age advances, the student increases 1.5 times the probability to be the aggressor and the boys have 5.2 times more likely to come into the role of aggressor in a situation of bullying.
Conclusions: It is necessary to implement a school policy involving the school community and to present guidelines for bullying prevention, recognition of situations and appropriate intervention.

DATING VIOLENCE, THIS EXIST?

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Introduction: The main goal of primary health is better health for all, requiring health promotion and disease prevention intervention at community levels. Recognizing that one of the most important and effective agencies for promoting health are educational settings, several programs have developed Machado and colleagues (2012) indicated that 1 in 4 young people in Portugal are victims of teen dating violence.
Objectives: To understand the behaviour of young youngsters in the relationships in which they consider to be involved in and to promote awareness to the alert signs of aggressive behaviour in love relationships.
Methods: This was a descriptive exploratory study with a sample of 237 students attending secondary school, between 9th and 12th grade. To assess the aggressive behaviours practice or suffered by teens was used a translation and adaptation of the Conflict in Adolescent Dating Relationships Inventory - CADRI (Wolfe, et al 2001), Results: 237 students in the 9th-11th year Cacém School .30 of the questionnaire responses were considered invalid Most of the 207 participants are girls (53%), aged between 14 and 21 years (x = 16.2, sd = 1.2) and have already date (86%).More than half of the participants start dating between 12 and 14 years (x = 12.8, sd = 1.9), with most of the relatiowith most of the relationships during less than 6 months (46%). The initial data show us that almost half of the sample refers to use (44%) or have been victim (40%) of abusive conflict resolution strategies.
Conclusions: Use of abusive strategies in conflict resolution, which may be associated with a higher risk for dating violence situations. This justifies the maintenance of educational health, giving space to think about strategies for conflict resolution, weighing up projects

8. MENTAL HEALTH

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

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Introduction: Participation for hospital discharge benefits elderly cerebrovascular accident victims and their families, so it is pertinent to prepare informal caregivers for a socially secure hospital discharge.
Objectives: To characterize informal caregiver preparation for discharge/act of caring; To analyze the influence of informal caregiver preparation for discharge/act of caring on mental health.
Methods: Cross-sectional and descriptive, with a non-probabilistic sample of 636 caregivers, aged 17-85 (mean = 50.19 ± 14.30), in a region of Portugal. The Mental Health Screening Scale and Hospital Discharge/Act of Caring Preparation Assessment Questionnaire were used.
Results: Caregivers have reasonable clinical information on the elderly person (49.4%); they participated in their family member's care (30%); they felt they were only heard a few times about their fears/doubts/feelings (45.6%) and they feel reasonably prepared to care for the elderly person at home (42%). Those who received more information about the clinical status of the elderly person are shown to have better mental health (H = 14.078, p = .007). Caregivers who never participated in caring for the elderly person and those who do not feel prepared to assume the act of caring show worse mental health (H = 13.728, p = .008, H = 16.166, p = .003).
Conclusions: The evidence suggests that hospital discharge/act of caring preparation influence mental health, making considering these factors essential to planning interventions whose primary focus of attention is aimed at caregive experiencing transition situations.
FCT and CI&DETS(PEst-OE/CED/UI4016/2011). Portuguese Foundation for Science and Technology and Center for Studies in Education. Technologies and Health- SFRH/BD/50223/2009.

PROMOTION OF MENTAL HEALTH: HIGHER EDUCATION STUDENTS

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Introduction: Higher education students experience trancisions processes during theirs academic period that are conditioned by different factors. The consumption of aditive substances as psychotropics, alcohol and drugs is a reality (Botti et al, 2010) with repercussions in student's mental health.
Objectives: Evaluate the mental health of the nursing students relatively to mental vulnerability, towards the mental health inventory (Ribeiro, 1999).
Methods: It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. The sample is made up of nursing students of a school in the North of Portugal (N = 318 students). The instrument for collecting data was the mental health inventory (Ribeiro, 1999).

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

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

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Introduction: The behavior of self-regulated health includes the impulse control and the mobilization of thoughts, feelings and behaviors for purposes of long-term health.
Objectives: Analyze the relation between sociodemographic variables, of school context, lifestyles, involvement and expectations towards alcohol and psychological variables (self-esteem and self-concept) with the powers of self-regulation in adolescents of secondary school in the district of Viseu.
Methods: Quantitative, cross-sectional, analytic, descriptive and correlational research model. 971 public and cooperative high school students participated. The evaluation protocol includes the Alcohol Involvement Scale for Adolescents by Filstead & Mayer (1979) adapted by Fonte & Alves (1999), the Questionnaire of Reduced Self-regulation (Carey, Neal & Collins, 2004) adapted by Castillo & Dias (2009), the Questionnaire of Expectations in relation to Alcohol for Teens (Pilatti, Brussino & Godoy, 2010), Self-Esteem Scale of Rosenberg (Romano, Negreiro & Martins, 2007), Clinical Inventory of Self-concept (Vaz Serra, 1984) and demographic data, school and lifestyles.
Results: Self-regulation (total) was influenced by involvement with alcohol, expectations regarding alcohol, self-esteem and negative self-concept in two dimensions (psychological maturity and impulsivity/activity).
Conclusions: The development of skills of self-regulation proves to be an investment in health since the teenager with a self-regulated behavior assumes healthier lifestyles, revealing a lower involvement with alcohol.

RESILIENCE LEVELS AMONG A GROUP OF PORTUGUESE ADOLESCENTS

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Introduction: Resilience is the ability to reach goals despite adversity. Some differences concerning this adaptation skill have been evidenced, specifically between genders. Nonetheless, other factors can also influence, like the family structure and the socioeconomic level.
Objectives: To evaluate the level of resilience among a group of Portuguese adolescents, and to find its correlation with social and personal variables.
Methods: This is a quantitative descriptive correlational research study, with a non-probabilistic convenience sample of 43 adolescents attending the 8th grade, with ages between 13 and 15. A self-fulfilling questionnaire was used, with socio-demographic questions, along with the Portuguese version of the "California Healthy Kids Resilience Assessment Module" (Version 6.0). This scale evaluates internal and external assets of resilience (resilience traits and protective factors, respectively). All ethical procedures were completed.
Results: The adolescents considered themselves to possess a good resilience (mean of internal assets of 3.168 and SD of 0.07989; mean of external assets of 2.903 and SD of 0.07217). A significant correlation between age and external assets ($p < 0.05$), like familiar and scholar involvements, was also found. Additionally, other characteristics such as gender (female); performing extracurricular activities; having friends of the same age out of the school environment; having a best friend or live with brothers, have shown to have a positive influence on the resilience levels.
Conclusions: The results reveal that the adolescents present good levels of resilience. However, there is a need to increase this skill among certain groups, which have shown to present particular characteristics related to lower levels of resilience.

ATTACHMENT, TRAUMA AND POSTTRAUMATIC GROWTH: A LITERATURE REVIEW

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Introduction: Longitudinal research has emphasized the role of attachment in the trajectories of (in)adaptation, in particular its implications in the quality of development (Waters et al, 2000; Grossmann et al, 2005), approaching the analysis of psychological processes and their relationship with mental health (Mikulincer, Shaver, 2012).
State of the Art: This study includes an extended literature review emphasizing the internal working models and their relationship with the trauma, assuming that early experiences influence the socio-emotional interpretations that an individual makes of the world, the way it deals with interpersonal problems (Egeland & Carlson, 2004) and behavior strategies that distinguish its functioning (Bowlby, 1973). Contrary to the Psychology history that mainly focuses on the negative trauma effects (Fonseca, 2011), a set of studies have been developed over the last decades that include many traumatic events which indicate a resistance or struggle against adversity and a perception of post traumatic growth.
New Perspectives: Throughout the document there are interconnect contributions in the correlation of attachment theories as a possible pointer of posttraumatic growth with specificities in regards to the nature of this relationship.
Implications: Research suggests that a secure attachment style allows the individual to successfully integrate traumatic memories into pre-existing schemas (Gwynn, 2008) and assign a greater openness and cognitive flexibility, using new information in decision making and social judgments (Mikulincer, 1997), and may set up a bridge with the perception of growth.

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RISK FACTORS IN THE DEVELOPMENT OF ANOREXIA NERVOSA ACCORDING TO YOUNG FORMER PATIENTS

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Introduction: There is no consensus about the risk factors specific to anorexia nervosa. Multiple studies establish elevated perceived pressure to be thin, body dissatisfaction and negative affect as the main risk factors. Risk factors seem to be related not just with sociocultural and individual dimensions but also with family issues. However, little is known about their relative contributions.
Objective: The aim of the study is to understand how young former patients perceive the emergence of anorexia nervosa. It will be explored specifically what risk factors are mainly identified by former patients.
Methods: Using a qualitative method, 20 semi-structured interviews with former patients were conducted. This study is integrated in a larger study about trajectories of recovery. Data were analyzed following the procedures of Grounded Theory.
Results: If some participants conceived the phenomenon as related to the pressure to be thinner (7 in 20) and start the restrictive diet after school prevention actions about eating behaviors, others (8 in 20) conceived the phenomenon as mainly related with socio-family factors, namely family opposition to personal choices, communication difficulties, presence of criticism and high family expectations, family overprotection or disengagement, interpersonal difficulties with peers. A third group (5 in 20) conceived the start of this phenomenon as an unexplained one, more related, in retrospective, with psychological traits (perfectionism and low self-esteem).
Conclusions: The results offer clues to reflect about health prevention programs, namely the possible paradoxical effect of school prevention strategies centered in eating behaviors, and the importance of the involvement of the family in prevention actions.

SELF-CONCEPT AND SUICIDE IDEATION ON THIRD LEVEL EDUCATION STUDENTS

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Introduction: While attending to higher education, several changes take place in the lives of young students. It is a troubled time, characterized by challenges and uncertainties that might develop mental health problems, namely, suicidal behaviours.
Objectives: Assess the students' self-concept and suicide ideation and its relation with some socio-demographic, academic and behavioural variables.
Methods: Exploratory, quantitative and descriptive study, applied on a sample of 1074 students of IPViseu. The data collection was made through an online platform that included a survey with questions related to the socio demographic and academic profiling of the students; Clinical Inventory of Self-Concept (Serra, 1985); e o Suicide Ideation Questionnaire (Ferreira e Castela, 1999).
Results: Ages of the students oscillate between 17 and 49 (average of 23.9 years old), where the majority (64.7%) are females, possessing a good sense of self-concept (average of 75.9) and a low suicide ideation (13.8) on a scale from 0 to 180, we found statistically significant connections between all of the dimensions of self-concept and suicidal ideation ($p = 0.002$).
Conclusions: Based on all individual, familiar and social repercussions of suicidal behaviours on young students, we consider that all the tertiary education institutions should develop suicide prevention programs in academic environments.

SELF-CONCEPT, ATTACHMENT PATTERNS AND SUICIDE IDEATION IN NURSING STUDENTS

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Introduction: Several studies have shown a significant increase of suicidal behaviours. According to the World Health Organisation, about 1 million suicides occur annually, all around the world, being one of the three main causes of death between the ages of 15 and 34 years old.
Objectives: Assess self-concept, attachment pattern and suicide ideation on nursing students and its relation with some socio-demographic, academic and behavioural variables.
Methods: Quantitative study, upon a sample of 378 nursing students. The data collection was based on the Clinical Inventory of Self-Concept (Serra, 1985); Adult Attachment Scale (Canavarro, 1995) and Suicide Ideation Questionnaire (Ferreira e Castela, 1999).
Results: The student majority possesses a good sense of self-concept (average of 74.4) obtained on the Clinical Inventory of Self-Concept; the majority (58,7%) has a secure attachment pattern; the average obtained on Suicide Ideation Questionnaire was 9,6 on a scale from 0 to 180; we found statistically relevant connections between self-concept and suicide ideation ($p = 0.000$), we also found meaningful statistical connections between suicide ideation and insecure attachment patterns ($p = 0.000$) and the existence of psychiatric illness in family history with values of $p = 0.002$.
Conclusions: The study results show that some students present emotional and mental health problems, however we can conclude that the nursing students possess a good self-concept, a safe attachment pattern and low suicide ideation.

HIGHER EDUCATION STUDENTS' MENTAL HEALTH: INFLUENCE OF SOME SOCIO-DEMOGRAPHIC, ACADEMIC AND BEHAVIOURAL VARIABLES

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Introduction: Attending at higher education demands changes in the routines, the interpersonal relations and the way the student sees himself and the world. Change means adaptation, and when the student is unable to develop coping strategies in order to respond, such change affects his/her well-being and therefore his/her mental health.
Objectives: Assess the students' mental health and analyse its connection with some socio-demographic, academic and behavioural variables.
Methods: As research methodology we used metanalisis based on a systematic review of six previous studies, which analysed the mental health of 1338 students attending several areas of
Results: Age of students oscillates between 17 and 54 years old, with an average of 21.43 years old. The majority (83.8%) attends to the intended area and (81.4%) are satisfied with it. (77.4%) deny smoking habits, (70.7%) declare themselves regular consumers of alcoholic beverages and 51% of the students admit having consumed some kinds of illicit drugs. Age, gender and marital status do not influence the students' mental health, however there were found statistically relevant connections between the students' mental health and the

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attendance of the course, and the satisfaction with it ($p = 0.000$; $p = 0.002$) respectively. Although without no statistical significance, we verified the existence of connections between mental health and student-worker status, and the number of academic failures.
Conclusions: The results of the survey present a significant percentage of students who display low levels of mental health. Therefore, the concern with the students' mental health should be a priority and worth the focus of institutions, parents and health professionals.

KNOWING THE SYMPTOMS OF ILLNESS TO CARE FOR THEIR MENTALLY ILL FAMILY

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Introduction: The disclosure of the difficulties that family feels taking care of the mentally ill is a major contribution to improve the quality of patient care and support to the family.
Objectives: Find out the opinion of the informal caregiver as to the prejudice of their sick relative with schizophrenia; Whether the informal caregiver understands the symptoms presented by the mentally ill; Realize if tacking care of the patient causes physical, financial and emotional the informal caregiver.
Material and methods: Case study, qualitative of a natural phenomenological. The data gathered from the informal caregiver, was performed using a semistructured interview, containing questions regarding care for the patient with schizophrenia, specifically about the perception of symptoms, family burden and prejudice.
Discussion of results: We notice that the informal caregiver, seeks to be informed about the disease, demonstrating know the symptoms presented by the patient, denoting he had already been verbally and physically assaulted by a patient. He identified incurable and dangerous as the only aspects pertaining to the prejudice of schizophrenia and recognizes loss in social and leisure activities, family interaction with the patient and concern for the future are factors of family burden.
Final thoughts: Taking care of the patient with schizophrenia causes physical and emotional burden to the informal caregiver, and it's also associated with a high risk situations of verbal and physical aggression by the patient.

PUBERTAL DEVELOPMENT AND PSYCHOLOGICAL SYMPTOMS: PRELIMINARY DATA IN A PORTUGUESE SAMPLE OF 11-15 YEARS-OLD STUDENTS

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Introduction: Assessment of mental health in children and adolescents usually takes into account demographic factors such as age and sex. However, much fewer data exist concerning pubertal development.
Aims: to develop a consistent Portuguese version of a brief self-rating scale of pubertal development (SPD, Carskadon, Acebo, 1993, adapt. from Patersen et al, 1988 based on Tanner stages), and to examine whether psychopathological symptoms in 5th to 9th grades students vary according to their pubertal status.
Methods: After informed consent by students and their parents, a convenience sample of 138 students (68 M), 11-15 yr-old ($M = 12.55$, $SD = 1.54$), completed the Portuguese versions of the SPD and of the YSR Achenbach inventory of psychological symptoms.
Results: Cronbach alphas for the SPD were .81 (boys) and .70 (girls); corrected item-total correlations ranged from .43 to .67. In boys, age was inversely associated with YSR-scale IV scores, and puberty scores were correlated with YSR-scale VII (at least $p < .05$). In girls, numerous significant associations emerged between puberty scores and YSR scales, specifically scales II, V, VI, VII, VIII, externalizing and internalizing, whereas only YSR scale VI was significantly associated with age.
Conclusions: Preliminary results suggest adequate internal consistency of the Portuguese version of the SPD. There were several associations between pubertal status and psychopathological symptoms, especially in girls. These findings suggest that pubertal status should be considered when screening youth mental health, and in planning health education programs. [SUPPORT: SPD and YSR costs supported by FCT/COMPETE Research Project PTDC/PSI-EDD/120003/2010, and by the Dep. Education, Univ. Aveiro, Clinical Psychology Master Degree]

STUDY OF THE SELECTIVE ATTENTIONAL PROCEDURE OF EMOTIONAL STIMULUS IN NON-DEPRESSED AND DEPRESSED OLDER PEOPLE

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Introduction: During the process of ageing it is verified a deterioration of attentional processes (Antón, 2007, Franco & Cabaco, 2008, 2009) and a high frequency of depressed states (Snowdon, 2001). Research results evidences that emotional characteristics (neutral vs positive vs negative) of a stimulus and the people's characteristics (e.g. emotional state) determine the way how this stimulus is selectively attended (Shane & Peterson, 2007).
Objectives: With this study it is evaluated the attentional interference produced by emotional words in non-depressed and depressed older people.
Methods: 200 older people participated, between 60 and 88 years old (Mean = 67.7; DP = 6.9), being 134 (67%) females and 66 (33%) males. 130 (65%) without depressive symptoms and the other 70 (35%) with light and severe depressive symptoms, with base on the Geriatric Depression Scale (GDS) (Barreto, Leuschner, Santos & Sobral, 2003). Specifically to this study, it was built an evidence named emotional Stroop, a variant of the classic Stroop paradigm where words of different colours assume several emotional meanings, distributed by three blades (neutral, emotional and activator). In each of them it can only be named the colour of the words independently of its emotional meaning.
Results: Significant statistic differences were found between the two groups, with the depressed participants naming less colours of words than the non-depressed ones in any of the blades.
Conclusions: The results obtained suggest that the depressed older people experience the effect of attentional interference under emotional stimulus, supporting a coherent relation between the emotional state and the selective attentional procedure.

PORTUGUESE YOUTH MENTAL HEALTH LITERACY ABOUT SCHIZOPHRENIA

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Introduction: Mental health literacy about psychotic disorders, specifically schizophrenia, may assist in appropriate help

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seeking and early intervention, preventing the exacerbation of symptoms and improving health outcomes in the medium and long term.
Objectives: Evaluate mental health literacy about schizophrenia in a sample of Portuguese youth.
Methods: A mental health literacy questionnaire - QuALiSMental - (Lourerio, et al, 2012) was administered to a random sample of Portuguese youth aged 14-24 years (n = 4938). This questionnaire evaluated the following components: recognition of disorders, knowledge about professionals and treatments available, knowledge about the effectiveness of self-help strategies, knowledge and skills to support and providing first-aid to others, and knowledge of how to prevent mental disorders.
Results: Schizophrenia and psychosis were recognized by 42.17% and 22.21%, respectively. Most young people recognized the potential helpfulness of family doctors, psychologists, psychiatrists, and mental health services. There was also the belief in the potential helpfulness of family and friends, and lifestyle changes. Appropriate mental health first aid strategies were commonly endorsed, but there was a reluctance to ask about suicidal feelings and many endorsed speaking to the person firmly. Lifestyle factors were also commonly believed to be preventative.
Conclusions: Mental health first aid skills of young people also need improvement.

MENTAL HEALTH AMONG PORTUGUESE WOMEN WITH BREAST-CANCER

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Introduction: The prevalence of breast cancer is high and is often followed by depressive symptoms. Researchers have determined that coping strategies used by women with breast cancer are a vital component for adjustment to their disease. Studies have demonstrated that depression play significant roles in women's adjustment to breast cancer.
Objectives: To determine the coping strategies with breast cancer and to explore psychological variables depression and on coping strategies among Portuguese women diagnosed with breast cancer.
Methods: 150 breast-cancer-diagnosed Portuguese women users of an Oncology Hospital. Socio-demographic and clinical data were collected using a questionnaire designed for that purpose. We used the Portuguese version of the Mental Adjustment to Cancer (Pais-Ribeiro, Ramos, & Samico, 2003), the Medical Outcomes Study Social Support Survey (Fachado, Martinez, Villalva, & Pereira, 2007) and the Beck Depression Inventory (Vaz Serra & Pio Abreu, 1973).
Results: Most women had some depressive symptoms ($19 \geq BDI \geq 13$, 25.1%), and 56.5% are depressed ($BDI \geq 20$). Associations between depression and coping strategies to breast cancer were found. There is a significant association ($p < 0.01$) between helplessness/hopelessness and anxious preoccupation and levels of depression, indicating that increased helplessness/hopelessness and anxious preoccupation were associated with more symptoms of depression ($p < 0.01$). Depression is the variable with the greatest predictive power in the use of coping strategies to disease.
Conclusions: Psychotherapeutic support for women with breast cancer should be considered in order to prevent the development of psychopathology.

LITERACY IN MENTAL HEALTH: RELATIONS WITH SHAME AND SELF-CRITICISM IN MENTAL HEALTH CARE PATIENTS

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Introduction: Despite the availability of efficacious treatments, mental illnesses are underrecognized and under-treated with only 1/3 to 1/2 of adults with mental illness receiving services (NCS-R). Considering the high impact of mental illness in various areas (eg.: personal burdens, economic impact, health outcomes and suicide risks), mental health literacy (MHL) has been proposed as an effective way of improving the likehood of accessing services (Coles, Heimberg & Weiss, 2011). However, there are, to our knowledge, no studies with clinical populations assessing the relation of MHL with shame and self-criticism.
Methods: This is an ongoing quantitative descriptive and explanatory study with a convenience sample of mental health care patients (estimated N = 400). The evaluation protocol includes sociodemographic questionnaire, the Opinions about Mental Illness (Cohen & Struening, 1962), Internalized Shame Scale (Cook, 1996), Other As Shamer Scale (Goss, Gilbert & Allan, 1994) and Functions of Self-Criticism Scale (Gilbert et al, 2004).
Results: We intend to demonstrate that shame and self-criticism are associated with lower levels of MHL. We hipothesize that, acording to the diagnosis, different levels of MHL, shame and self-criticism will be found and different patterns between these variables will emerge.
Conclusions: Research has proven that the label of psychiatric illness is stigmatising, but the effects of this stigma in practice seem to be complex (Hayward & Bright, 1997). We intend to clarify the role of self-stigma in well being through the relations between shame, self-criticism and MHL. We think that MHL should be promoted in psychiatric settings assuming that the knowledge of one's illness can decrease levels of shame and self-criticism.

9. HEALTH, IMMIGRATION AND INTERCULTURALITY

AN ETHNOGRAPHIC STUDY TO EXPLORE CULTURAL ENCOUNTERS IN HEALTH CENTRES IN SPAIN: A RESEARCH PROTOCOL

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Introduction: The Spanish "Healthy Child Program" for Primary Care was introduced in 1984 to improve population's health through health promotion (HP), prevention and health recovery activities developed through check ups of children in regular health visits. The multicultural reality of the country has generated new challenges for health professionals working on health education (HE) and HP with families from different cultural backgrounds.
Objectives: A research protocol for the study of the cultural encounters in between nurses and families with children during the health visits will be presented. This research will provide insight into how nurses promote health and educate families and children from different cultures.

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Methods: An ethnographic approach with observations and interviews will be used. Encounters will be observed to identify when and how HP and HE take place, and the potential influence of culture in the interaction between nurses and families. Interviews with nurses and families will help to identify feelings, attitudes, and perceptions towards the HP and HE activities carried out. Data analysis will be done following ethnographic principles.
Results: The literature shows that health professionals often felt frustrated when interacting with people from other cultures and did not respond adequately to their health needs. Families from other cultures felt that their views on health and health care, their lifestyles, behaviors and education of children were not taken into account. Carrying out this research will allow to better understand what happened during the cultural encounters and what can be done to improve nurses' work.
Conclusions: This study will allow the design of interventions aiming at increasing the cultural competence of nurses.

PERCEIVED CULTURAL CARE DURING LABOUR BY IMMIGRANTS IN PORTUGAL

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Introduction: In being aware of the perceptions of parturient immigrants during labour, the nurses of Maternal and Obstetric Health can promote culturally congruent care.
Objectives: To assess the perceived cultural care of puerperal immigrants during labour
Participants and methods: This is an observational quantitative, cross-sectional descriptive and correlational study. The sample consists of 868 parturient immigrants admitted to 34 Portuguese maternity wards. The instruments used for data gathering were a questionnaire and a scale for perceived cultural care (V. Parreira (2010).
Results: Participants who were 36 or older, had higher education levels, were assisted in maternity wards in the Greater Lisbon Area, with a monthly household income below 500 euros, with a weak agglomeration index, whose pregnancy was monitored, who were not accompanied by a significant other, who did not have the epidural and who did not attend childbirth preparation classes presented a worse perception of cultural care, disagreeing with having been the target of culturally appropriate care unlike those who had a planned pregnancy For those participants whose pregnancy was monitored appropriately, who were accompanied by a significant other, received analgesia, attended childbirth preparation class and who were assisted in the Central region, even though they were a target of appropriate cultural care, they were not so in terms of communication, environment, material culture and time.
Conclusions: Some immigrants disagree that they were recipients of appropriate cultural care, which may be a reflection of the lack of cultural sensitivity and training of nurses at the time of the interaction.

PEER MEDIATION AS A STRATEGY FOR SOCIAL AND CLINICAL INTEGRATION

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In Europe, the possibility of accessing health and social services is increasingly considered a primary indicator of the integration of migrants. Some normative references, such as the resolution of the WHO in 2008, have formalized the importance of health in promoting social inclusion and integration in respect of citizens coming from other parts of the world. In terms of such a view, in many countries the efforts are concentrated on the widening of the offer of sanitary services rather than on the creation of a culture of competent use of such services. Generally, this involves the presence of new services that are very well structured, but little used. This paper aims to describe how the strategy of "peer mediation" allows to fulfill the need for social inclusion in a permanent and far-sighted. Indeed, the "peer mediation" is applied to children and enables a virtuous circle based on the competence to identify situation or people who do not turn to services, to define the praxes of uses of the present services and to favour the acceptance of the necessary subject of aid. It has gone therefore from a monocultural approach which instructs the school to transmit a single reference system of knowledge, values and categorisations, and that hypostatizes the existence of a "culture" that is static and irreducible, to an intercultural approach, that identifies the school as a space for the construction of culture, and as an area of active and shared research. It is "cross-cultural" because it does not belong to one culture or another, but generates an interaction among the subjects that participate.

IMMIGRANT WOMEN AND WORK-FAMILY CONCILIATION: HEALTH RISKS

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Introduction: This communication integrated in a study case of the scope of Ph. D. project in Social Psychology, presents and discusses the results of a qualitative research that took place in Portugal about feminine immigration and work-family.
Objectives: Based on empirical Brazilian, Cape Verdean and Ukrainian communities that are present in Portugal, this study aims to characterize the experiences and analyze the discourses of these women in terms of reconciling family and professional life, as well as knowing the strategies used to facilitate reconciliation.
Methods: The collected information was analyzed using Thematic Analysis (Braun & Clarke, 2006) and Foucauldian Discourse Analysis (Willig, 2008) and sough to understand the implications of the meanings constructed around gender representations in the family life.
Results: The results of this study shows how the migration project, for these women, is an enhancement of their family vulnerabilities, employment and social life and helps to generate conflict between work and family life. The professional integration difficulties lead to an excessive increase of their responsibilities in situations of dual configured on women and results in levels of conflict, fatigue, large emotional and psychological stress that interferes in the family life as well as in the professional life (Jiménez-Moreno & Rodriguez, 2012). We observed that the asymmetry in domestic responsibilities, the scarce economics resources and the difficulties in reconciling all of this does not allow enjoyment of leisure time.
Conclusions: Considering the increasing of feminization of the migrations in Portugal, this communication pretends to contribute to a new analytical framework in studies on female immigration from a gender perspective.

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10. HEALTH AND LIFE QUALITY

PIC PROGRAM: IMPLEMENTATION OF THE POSITIVE INSTRUCTIONAL COGNITION IN IMPROVING VITAL SKILLS AND QUALITY OF LIFE

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The present article describes the implementation of an instructional program based on Positive Instructional Cognition (PIC) (Cabaco, 2009). The PIC we develop the three-dimensional competence in this comprehensive education ('learning to know', 'learning to do' and 'learning to be') operativizing it in five different levels: Analysis of the problem, Emotional expression and emotion recognition, Self-knowledge, Reflection and Well-being. First, there is an explanation of the basis of this model, which is founded by the psychological models of world-acknowledged authors such as Viktor Frankl (meaning of life's existential orientation) and Martin Seligman (Positive Psychology), and in the comprehensive human education proposed by the most important international organizations (OECD, Organization for Economic Cooperation and Development). The objectives were evaluated whether the program PIC increases well-being, life satisfaction or happiness developing personal skills, to increase the gratitude, the forgiveness and the character strengths; show his development as evolutive variables of subjects, and observe the interrelations between the variables studied. To implement the program, were established two age levels in adolescents (total sample: 110), with a control group in each, showing results higher degree of well-being, life satisfaction or happiness in younger participants. Finally, the conclusions drawn from the research indicate that more time is needed to implement the program for better results and the significance of work the motivation with subjects who share it.

HEALTH EDUCATION IN PREGNANCY AND LOW-BACK PAIN

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Introduction: Regular and appropriate physical exercise and the adoption of correct posture during pregnancy, have been considered as an important therapeutic measure for the prevention of low-back pain.
Objectives: To determine the effects of a (re)education programme for pregnant women in order to prevent low-back pain in respects to its functional limitations and its effects on their quality of life.
Methods: This pre-experimental study involved a convenience sample of pregnant women (N = 10), who were followed up in a Health Centre during their childbirth classes, where an educational twelve-week program with exercises to prevent low-back pain was applied. All participants completed as pre and post tests the health-related quality of life questionnaire (MOS-SF36), the Oswestry disability questionnaire; and the visual analogue scale for pain (VAS).
Results: We found that the quality of life of the pregnant women increased due to the reduction of body pain, and an increase in the quality of life in the mental component with statistically significant differences in relationship to the commencement of the (re)educational programme ($p < 0.05$). There also occurred a reduction in the intensity of low-back pain after the (re)educational intervention ($p < 0.05$).
Conclusions: The results show that this (re)educational programme was effective in the improvement of some dimensions of the quality of life of the pregnant women studied and in the intensity of low-back pain. Therefore, it is necessary to promote a multidisciplinary team in the childbirth classes envisioning low-back pain in pregnant women and improving their quality of life.

CHILDREN'S AND YOUNG PEOPLE'S ATTITUDES AND FEELINGS ABOUT ARTISTIC ACTIVITIES DURING ONCOLOGICAL TREATMENT

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Introduction: Artistic education occupies a relevant area in the context of oncology hospital pedagogical support active as it can promote children's and adolescents' wellbeing to express their emotions while they are undergoing cancer treatment.
Objectives: To analyse the attitudes and wellbeing gained from the practice of artistic activities (AA) in the context of child and young people oncological treatment.
Methods: The instrument AAACTO (Artistic Activities Applied to Cancer Treatment in Children) was constructed and applied in the Portuguese Institute of Oncology (IPO Porto, Portugal) and in the Support Group for Children with Cancer (GACC, Salvador da Bahia, Brazil). In each country, the sample included 75 subjects divided into three groups: Group A, 25 children, aged 2 to 19 years, in oncology treatment and carrying out; Group B, 28 parents; and Group C, 22 elements of the medical and non-medical staff. The present work focuses on the questions related to the responders' perception about children's attitudes and feelings about exercising AA during cancer treatment.
Results: In both institutions, the responders had a positive view about AA, though with slight differences. The three emphasized the influence of AA on improving children's and young people's sense of wellbeing during treatments. They further highlighted that AA stimulated their cognitive development, increased self-esteem and contentment.
Conclusions: Artistic activities were shown to be important not only for children's and young people's wellbeing but also for their cognitive development, indicating the high relevance of AA and the need to expand the skills in this area to enhance the quality of services provided in paediatric oncology.

QUALITY OF LIFE PERCEPTION IN THE PEOPLE WITH INTELECTUAL DISABILITIES

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Introduction: There are still very scarce studies performed in the field of quality of life with adolescents with learning disabilities and their parents, which reinforces the need for further investigations.
Objectives: In this assumption the aim of this paper is to identify the determinant variables of perception of the quality of life as evidenced not only by adolescents with learning disabilities, but also by their parents / caregivers.
Methods: We conceptualized a quantitative, transversal, cross-sectional, descriptive correlational study and resorted to a non-probabilistic sample of convenience, consisting of 40 adolescents with intellectual disabilities, in Anadia and Figueira da Foz, aged between 16 and 23 years old. As instruments of measurement were used the Kidscreen-52, calibrated and validated

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for the Portuguese population to evaluate the degree of perception of the quality of life; the Graffar Index to assess socioeconomic status and the Familiar Apgar Scale to determine the subjects familiar functionality.
Results: In the study of the quality of life in adolescents with intellectual disability we compared the perception of parents/caregivers of the quality of life of their children with the perception of themselves and infer that the perception that parents/caregivers have of the quality converges with the quality of life that adolescents manifest. There are statistically significant differences only in the dimension Friends.
Conclusions: The evidence found in this study invite us to reflect on strategies that in communion efforts with family and caregivers allow to obtain a better understanding, which leads to the creation of interventional, training and informational programs adjusted to the profile of adolescents with learning disabilities.

IMPACT OF THE CEREBRAL STROKE ON THE HEALTH STATUS OF THE INDIVIDUAL

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Introduction: Stroke is a condition which represent a major cause of morbidity in the group of cardiovascular diseases, which means that the consequences related to the inability resultant are represented in the preponderant measure impact on the health of the individual.
Objectives: Identify the variables determining the impact of stroke on the health status of the individual victim of this desease.
Methods: This is a quantitative, cross-sectional, descriptive-correlational, and resorted to a non-probabilistic sample of convenience consisting of 55 individuals aged 60 years to 92 years, residents in the Country of Sabugal and stroke victims. The data collection instrument incorporates a section of socio-demographic characteristics, clinical characterization of another section, a section featuring the familiar functionality (Family APGAR scale-Agostinho & Rebelo , 1988) and a section of characterization of the measures Stroke impact (Questionario de Impacto do AVC-Ferreira et al, 2011) - QIAVC, calibrated and validated for the Portuguese population.
Results: The present work demonstrates that the perception of the impact of stroke on health is lower in males, younger (60-70 years), with better monthly income (over € 1.485), who live primarily with her partner (a) or spouse, who suffered a TIA, and tend to belong to families highly functional.
Conclusions: Implications for practice are directed toward putting the family in care of the target in order to improve family dynamics (like many authors recommend.) is also relevant the congregation efforts and coordinate media strategies and intervention models, which can include the family as an integral element in the care process, a logic of empowerment, particularly in this area.

OPTIMISM, STRESS AND HEALTH OF NURSING STUDENTS

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Introduction: Optimism has been associated with a number of benefits for health and well-being of individuals, influencing the assessment of stressful situations as well as actions they undertake to deal with them.
Objectives: To assess students' optimism and analyse the interrelationships between the perception of stressful situations, stress symptoms and optimism. The aim is also to reflect on proposals to promote optimism.
Methods: This is a quantitative, descriptive and correlational study with a sample of 1283 students attending the Nursing Degree Course in five Schools of Health Sciences of Portugal. The evaluation protocol includes Sociodemographic questionnaire, the Scale of Stress-inducing Situations in Clinical Teaching (Custódio, Pereira & Seco, 2010), Stress Symptom Scale (Custódio, Pereira & Seco, 2010) and the Mehrabian Optimism-Pessimism Scale (Mehrabian, 1998).
Results: Students have an average level of optimism. Students' gender does not exert a statistically significant effect on the level of optimism ($p = 0.178$). Students of 4th grade have statistically averages higher than those of colleagues of 2nd and 3rd grades ($p = 0.003$). It is found that there is a statistically significant negative correlation between the optimism and the perception of stressful situations ($p = 0.000$) and stress symptoms ($p = 0.000$). For the stress symptoms the highest average are those relating to cognitive-emotional and physical symptoms.
Conclusions: The results show that optimism is associated with a lower perception of stress-inducing situations, protecting the individual from the negative impact of stress. Thus is important to promote an optimistic attitude that enables students to cope with stressful situations in a more effective and positive way.

QUALITY OF LIFE OF DIABETIC AND NURSING CARE: THE PERSPECTIVE OF ADOLESCENTS

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Introduction: The life of a teenager can be changed after the diagnosis of diabetes. In an incurable disease you need to invest in their treatment in order to obtain a better quality of life (QOL). Overcoming the feeling of living with a chronic illness to achieve a good QOL requires primary care nursing team that provides care to adolescents.
Objectives: To evaluate the QOL of adolescents with diabetes analyze your opinion about nursing care; relate the opinion of diabetic adolescents on nursing care with their QOL and to identify sociodemographic and clinical variables that influence the QOL of adolescents and their opinion on nursing care.
Methods: The study was carried out with a sample of 47 adolescents attending outpatient pediatric diabetology of the Hospital. This is a quantitative, descriptive and correlational investigation. The data collection instrument used was a questionnaire composed by 3 parts: socio demographic and clinical data; Scale of Quality of Life in Young Diabetics that consists in 3 dimensions (Impact, Concern and Satisfaction) and Newcastle Scale (opinions about the nursing care).We used the computer program SPSS version 20.0 for descriptive and inferential analysis of the data.
Results: The adolescents who believe that they have good health also think that they have better QOL (86.4%); those who acquire sooner the disease have a worse QOL. The girls (74%) and teens who become diabetic later (87.5%) are more satisfied with nursing care. Self-perceived health, age of the adolescent admissions and the number of variables are statistically related to QOL.
Conclusions: Most teens have a positive opinion about the nursing care (72.4%) and consider having good QOL. This study emphasized the importance of the role of the nurse in the adolescent diabetic QOL.

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TO LIVE OR EXPERIENCE YOGA IN THE SEARCH FOR A HEALTHY LIFE

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Introduction: Many social, economic and professional events that take place in modern society have put enormous pressure on people, making them sad, unsatisfeid and, after a few years, sick physically and psychologically. Yoga is a complete method of physical, mental and moral education, that looks at each individual as a whole (body and mind), in order to create health, balance and quality of life.
Objectives: Present a holistic proposal for health, sustained in the fundamentals of yoga. Explain the general benefits and experience some techniques (physical postures, breathing and concentration techniques).
Methods: Presentation of the main concepts that support yoga and allow to consider it an ancient practice for health. Realization of a pratical activity with physical postures, breathing exercises, concentration and relaxation techniques, followed by a final reflection concerning what was experienced during the pratice.
Results: The results will be felt by practitioners during and after the practical activity, allowing them to experience some of the benefits associated with this therapy and reflect on the importance of it to improve their quality of life physically and mentally. Clarify possible doubts about the type of practices that yoga offers.
Conclusions: It is necessary to sensitize people to the fact that each one is, at least partially, responsible for their good or poor physical and mental health. Changing behaviors and attitudes daily is essential to prevent and treat certain problems. Self-knowledge, both physical and mental, inherent to the practice of yoga helps each individual to be more aware of his health status. Therefore, it will be easier to make the necessary changes in order to meet a healthier life and greater personal realization.

DAILY LIVING AND HEALTH LIFESTYLE IN STUDENTS OF THE HIGHER EDUCATION

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Introduction: The enrollment in higher education is a particular situation requiring changes which, in many cases, tend to have repercussions on the physical and mental health. In light of this, the primary focus of this particular investigation is on identifying health determinants and patterns of risk among students of Higher Education associated with this important period of social interaction.
Methods: Correlational study with questionnaire. A stratified sample was used, proportionate to each course and school that includes 272 male students (40.5%) and 400 female students (59.5%).
Results: The differences observed from a statistical relative to the variables of age, sex, school, academic retention and, to a lesser extent, the origin, socioeconomic level and participation in extracurricular activities suggest the need for a differentiated approach as far as implementing strategies for the promotion of health education, specifically tailored and appropriate for each group. The fact that no results of statistical relevance can be noted as far as the variable "moving out" suggests a greater influence of the social environment as, a circumstance that points to the need for working on and reinforcing self-protective behaviors. Also consolidate policies that may establish guarantees of well-being through access to healthy nutrition, sports, and the fostering of cultural and artistic activities. Information about healthy behaviors and the awareness of the risks inherent to excessive consumption and unprotected sexual conduct may become priority for taking action.
Conclusions: The creation of a Centre for the Health of Students of Higher Education would allow the evaluation of health and the analysis of risky behaviors, as well as the factors that contribute to it.

THE INFLUENCE OF PHARMACOLOGICAL TREATMENT ON QUALITY OF LIFE OF HYPERTENSIVE PATIENT

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Background: Cardiovascular diseases have an impact on life quality, due to caused disability and the cost with pharmacological treatment.
Objectives: To identify the adhesion degree of the hypertensive patient to pharmacological treatment; analyze the socio-economic factors influencing adhesion to pharmacological and investigate the relationship between this adhesion and life quality of hypertensive patients.
Methods: A quantitative, cross-sectional, descriptive, correlation and explanatory study; collecting data through a protocol, consisting of sociodemographic, clinical, pharmacological evaluation MAT (Delgado & Lima, 2001), evaluation of hypertensive patients life quality (MINICHAL).Sample with 431 hypertensive patients were inquired from the central region of Portugal, from July to September 2012. These were predominantly female (56, 85%) and the average age is 66, 97 years.
Results: Women have a "high adhesion" to drug treatment ($X2 = 5.747$, $p = 0.050$). The hypertensive residents in the village are the ones who have a "low adhesion" level, 49.7%. There are no differences in the patients who benefit or not from the user fees ($X2 = 1.344$, $p = 0.246$). The 65.7% who do not have an exemption on the purchase of therapy have no statistical differences ($X2 = 0.411$, $p = 0.521$).There is some influence on cohabitation ($X2 = 11.732$, $p = 0.001$) and marital status ($X2 = 11.732$, $p = 0.001$), in relation to life quality in patients with hypertension and adhesion to drug therapy. The male patients are the ones who have better quality of life - "HTA Impact" ($U = 18.995$, $p = 0.001$).
Conclusions: The challenge will be a multidisciplinary approach for a successful drug therapy adhesion and an improvement on life quality.

IMPACT OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE ON QUALITY OF LIFE

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Introduction: Chronic obstructive pulmonary disease (COPD) is a disease characterized by chronic airflow limitation, which causes a series of changes that lead to limitation of exercise tolerance, with pronounced negative impact on patients' quality of life.
Objectives: To assess the impact of COPD on quality of life of patients with this pathology.
Methods: The empirical research was based on a cross-sectional, with correlation guidance, based on a quantitative approach and

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on the application of the Saint George's Respiratory Questionnaire (SGRQ) to each participant. The results were processed in SPSS (version 19).
Results: The study included 130 patients with COPD, which 113 were male and 17 female with an average age of 71.29 years, being married (79,6%) and professionally inactive (87.65%). Most of the patients present a stage IV disease (45%), smoking history (82%), requiring domiciliary oxygen therapy (45%). The results obtained showed that all COPD patients who participated in this study have decreased their quality of life (QOL) according to its average values, corresponds to 52.18%. The limitations of physical activities were those who most contributed to the biggest loss in QOL (67.1%), followed by symptoms of the disease (53.26) and finally, by the psychosocial impact (43.21%). In addition, a more advanced stage of COPD ($p = 0.001$), and domiciliary oxygen ($p = 0.000$) contributing to a lower QOL in these patients.
Conclusions: COPD causes a significant impact on patients' quality of life, by imposing restrictions on physical activity, followed by symptoms that originates and its psychosocial impact, which induces.

11. HEALTH EDUCATION AND TEACHER TRAINING

PERCEPTION FROM PUBLIC SCHOOL TEACHERS OF DF, ON ATTENTION DEFICIT DISORDER/ HYPERACTIVITY-TDA/H

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Introduction: Students restless and inattentive represent a challenge to the teaching practice and, in some cases; the diagnosis may reveal that the student is carrying the TDA/H. It is important that the education professional has enough subsidies to detect the disorder and proceed with due referral to parents and a health care professional.
Objectives: To explore the knowledge level of education professional about TDA/H, highlighting their characteristics and social relevance.
Methods: A questionnaire with 22 closed questions, the first two being based on the diagnostic criteria of TDA/H in accordance with DSM-IV-TR ™, the American Psychiatric Association, others questions were based on specific literature to TDA/H and a self-assessment on TDA/H. Target public: 19 teachers and 3 leaders.
Results: The data are worrisome, because 63.6% of teachers surveyed believe in fact that the student be restless and uninterested in school is a matter of lack of education on the parents part, unknowing the neurophysiological aspects involved in the TDA/H and only 18.18% agreed issues related to diagnostic questions prepared by the American Psychiatric Association. As for self-assessment, 31.8% admitted that they know nothing about the disorder.
Conclusions: The school education professionals unknown the subject researched and the social relevance, requiring a sensitization process addressed to TDA/H enlightening. There was also an attempt by teachers to transfer the ignorance on the subject to government that promotes few discussions on the subject.

EVALUATION AND QUALITY IN HEALTH EDUCATION PROJECTS AT PORTUGUESE SCHOOLS

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Introduction: The analysis of the implementation process of Health Education in the Portuguese school reality should involve assessment procedures not only in terms of a balance of the action that has been developed, but also by contributing to the optimization of qualitative interventions.
Objectives: In the light of this assumption, we aim to reflect on a concrete practice. In particular, with this communication we have the major goal of disseminating the main results and conclusions of the qualitative research entitled "School, Health and Society: Evaluation Studies of Health Education Projects", that we have carried out.
Methods: The study focused on five Health Education Projects (HEP) in progress during the academic year 2009/2010. The evaluation has been founded in a démarche de référentialisation, following Figari (1996). Therefore, an Evaluation Framework has been elaborated with the purpose of characterizing reference practices in what concerns the process of constructing a HEP, considering the principles of the Health Promoting Schools (IUHPE, 2009; Navarro, 1999). The Evaluation Framework has been designed to gather quality criteria and indicators objectively observable and verifiable, which are essential to justify value judgments.
Results: The five HEP showed reference practices in its dynamics. However, only one project registered the quality criteria defined for a "good" project. Based on the literature and the data collected we prepared the document "Reference practices in HEP- Guide the implementation in schools."
Conclusions: The study demonstrates quality of HEP, which were implemented. The quality is explicit in the dynamics of the projects. Thus, this study may also contribute to a wider debate that is needed in this area.

LIFESTYLE HEALTH-RELATED DETERMINANTS: A STUDY ON FUTURE TEACHERS' PERCEPTIONS

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Introduction: Health determinants perceptions influence personal behaviours, and consequently, individual health status. Results of different studies point to a high correlation between education and health. It is also recognized that formal education, from basic to higher education, is a privileged environment for health education. It is important to perceive future teachers ideas about health in order to implement more effective methodologies on health education to empower them to control individual health determinants and that they can use in their future practice. This study aims to examine pre-service teachers' perceptions about the importance attributed to lifestyle health-related determinants. It also intends to serve as a basis for a future project focused on the impact of teaching practices in those perceptions.
Methods: Questionnaires on perceptions of lifestyle health determinants (duration and quality of sleep, food, physical activity, stress, alcohol, tobacco and other drugs) were applied to 124 students from teachers training courses. Data was analyzed using SPSS program.

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Results: Food (92.2%), duration and quality of sleep (87.1%) and physical activity (81.5%), appeared mainly in the 3 first places. Stress is most considered in 4th position (61.3%). Alcohol, tobacco and other drugs, are, mainly and respectively, pointed in 5th (56.5%), 6th (54.8%) and 7th (72.6%) position.
Conclusions: Food is perceived as the most influent determinant on individual health, closely followed by duration and quality of sleep and physical activity. Drugs are considered the less

DEVELOPMENT OF EXECUTIVE FUNCTIONS IN PRESCHOOL CHILDREN: APPROACHING NEUROSCIENCES AND EDUCATION IN TEACHER EDUCATION

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Introduction: The production of knowledge in early childhood education can no longer ignore the contributions of biology for understanding human development. Nevertheless, it needs to recognize that even the most basic functions of the brain / mind are not purely biological but conditioned by social and cultural interactions of the individual. In this sense, we identify a gap in the educational research that discusses current knowledge of neuroscience with the ideas defended by cultural-historical psychology.
Objectives: This work looks to investigate the emergence of Executive Functions in children aged 3 to 4 years old attending early childhood education, from the perspective of cultural-historical psychology.
Methods: This is a qualitative, descriptive-participatory study, adopting microgenetic analysis (GÓES, 2000) as research mode. There was used as techniques for collecting and analyzing information: literature review (that was conducted from the discovering, reading and discussion of primary and secondary sources), participant observation and video recordings.
Results: The research is part of the doctoral thesis of the author, still in progress; however, a preliminary analyze indicates the possibility to identify the emergence of Executive Functions in children, as well as inadequate interactive processes between teacher-child caused by unfamiliarity of mental functioning of the student, contributing to build the label of "difficult child."
Conclusions: The results point to a deficit in teacher training, concerning the biological development of young children, especially about the nervous system. It is understood that the approach between neuroscience and education can enable the construction of a theoretical framework more consistent in early care to infants.

SEXUAL EDUCATION: CHALLENGES AND REALITIES / A PROJECT OF COMMUNITARIAN INTERVENTION IN SCHOOL

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Introduction: This project results from an intervention work by teachers (271 participants) and aimed at raising awareness and training in the field of education in the promotion of health, focusing more specifically of the education for the affects of sexual education.
Objectives: i) understanding the legal framework of sexual education in schools; ii) promoting reflection so as to improve the understanding and (in)formation in sexual education, iii) working towards, promoting and evaluating (in)formative workshops in sexual education.
Methods: The project followed the methodology of the paradigm of qualitative investigation, although the quantitative data was not forgotten. Focusing on investigation-action, the planned activities were developed with the resource of active methods and techniques, fostering the active participation of the people involved. Four 25-hour courses were held and accredited by the Conselho Científico Formação Continua Professores for primary and elementary school as well as nursery teachers, special education and also a workshop for secondary school teachers, a seminar and three training workshops.
Results: The result of the investigation confirmed the importance of these workshops as an important contribution in the training of the teachers, stressing the holistic approach due to biological, psychological and social aspects of sexuality. Moreover, it stressed the need of an education workshop without any false-belief and prejudice.
Conclusions: Given that schools today are a place of learning in our society of extreme relevance, this intervention tried to fill a gap in the basic and professional training. Also, the educators promoted skills towards a holistic approach of sexuality, thus, strengthening the skills for an integrated education.

PROJECT EVALUATION OF HEALTH EDUCATION IN SECONDARY SCHOOLS WITH 3RD CYCLE: A PROPOSED MODELING

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Introduction: Once the school has been integrated in the community, it is now understood as an ideal place for the implementation of policies on Health Education.
Objectives: Found advantages in having a modeling serving as referent in the preparation of Health Education Projects.
Methods: The qualitative methodology proved to be the most appropriate to the interpretive nature of the study (Almeida & Freire, 2008). The procedures used involved, a literature review concerning Health Education and Evaluation Model CIPP (Stufflebeam & Shinkfield, 1987) and the formation of a corpus of documents that included the legislation that fit the issue under study as well as Health Education Projects of 20 primary and secondary schools, analysed using document analysis and 12 individual interviews analysed using data content analysis (Bardin, 2008).
Results: The results of this research show that Health Education is an emerging timeless subject, with potential at the curriculum level; modifications on Health Promotion and Health Education determined by the macrosystem had a remarkable influence on teaching practices and schools dynamics; the need and importance of contextual referents of each school in particular is indisputable for the efficacy of Health Education Projects; the target population is rarely consulted; although Health Education Projects do not follow any modeling they naturally include elements of already tested evaluation models.
Conclusions: We proposed a modeling serving as referent in the preparation of Health Education Projects to use according to each context such a contribution to a health promoting school, to healthy school policies, to community interaction and coordination with healthing services.

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HEALTH EDUCATION IN EARLY CHILDHOOD EDUCATORS TRAINING: THE PROJECT "LET'S GET HYDRATED!" — AN EXPLORATORY STUDY

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Introduction: Health education (HE) is an important component in the education of future early childhood educators. It is critical that during initial teacher training, future educators have the opportunity to develop and implement educational practices with young children that promote healthy behaviors and that they critically reflect on those practices.
Objectives: To analyze the impact of an interdisciplinary educational practice developed by future early childhood educators around the theme of hydration, as a means to promote a healthy lifestyle.
Methods: Qualitative exploratory case study involving 3 future early childhood educators and 10 young children. A content analysis of the continuous reflections of future educators and of the drawings made by the children before and after the intervention was conducted.
Results: Future early childhood educators were unanimous in recognizing the importance of experiential educational practices in promoting their empowerment in the field of HE. They reported the advantages of project work based on problem solving, of teaching resource production, of planning and carrying out activities with young children and of maintaining a continuous reflexive attitude, all of which contributed to promote their ability to think critically and strategically the area of HE. Children understood the importance of drinking and eating foods rich in water and internalized this behavior as a promoter of a healthy lifestyle what is indicative of the effectiveness of the practice conducted by the future educators.
Conclusions: Practices of the type performed can help promote effective changes in the field of health education and should, therefore, be further developed and implemented.

HEALTH PROMOTION IN SCHOLAR CONTEXT. NEEDS AND SKILLS AMONG TEACHERS

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Introdution: Studies have shown that the majority of school personnel have an inadequate understanding of diabetes and that parents of children with diabetes lack confidence in their teachers' ability to manage diabetes effectively (Nabors et al, 2003).
Objectives: To assess, among teachers, the valorization of Health Factors Influencers, perception of Barriers to Health Promotion in schoolar context and perception of Usefulness of ICT in Health Promotion.
Methods: This is a quantitative descriptive and explanatory cross-correlated multicentric study with a non-probability convenience sample of 473 teachers of Portugal and Spain primary and secondary schools. The evaluation protocol includes specifics questions about management of diabetes for children in school and several questions which we aimed to build and validate three related scales (Health Factors Influencers Scale-HFIS; Barriers to Health Promotion in Schoolar Context Scale -BHPSCS; Perception of Usefulness of ICT in Health Promotion-PUICTHPS).
Results: The instruments had shown to good psicometrics properties such as the internal consistency and validity of construct. We found that the Training and Knowledge of teachers was the principal barrier, self reported; to health promotion in schoolar context, they recognize great usefulness of ICT to Health Promotion in schoolar context. The teachers reported too that the major health Factors influencers are the person's ability to take care of himself or herself and the family's ability to take care his members.
Conclusions: The results enhance the need to consider the improvement of teacher's training and knowledge for Health Promotion in general and in Diabetes in particular, and that ICT can make a significant contribution in this purpose.

TURNING THE PAGE: WORKING SEXUAL EDUCATION THROUGH CHILDREN'S LITERATURE

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Introduction: The Sex Education (SE) remains, in many cases, relegated to the background in daily school life. It points up the difficulty and discomfort in addressing some topics and also continues to fear up the mentality and parents' reactions. These are some of the reasons that were at the origin of this workshop through which we aim to: 1) clarify what is the realization of intentional SE works with children, 2) Demystify this kind of work, and 3) provide some theorical and practical examples for participants to carry out this work more safely and effectively.
New perspectives/guidelines: We believe that children's literature is a rich field, through which one we can carry out this work. After selecting some books which are appropriate according to the National Reading Plan, we will link its content with the different issues of the ES, namely: gender issues, multiculturalism, self-esteem and violence, among others.
Theorical and practical implications: On one hand, we want to help the educators / teachers to understand the importance and necessity of undertaking SE intentional works in school, since childhood and on the other, to make them aware of the fact that they are thus, to help children to grow up having a less prejudiced perception, more positive and loving their sexuality.
Conclusions: We believe that the books of children's literature, especially those aimed at sexual education, expressing messages that may contribute to the repression or emancipation of sexuality. The texts and illustrations provide information about human relations, expressing "models" that can keep sex education repressor or, conversely, when worked correctly can overcome these models and open new possibilities in children education.

MYTH BUSTING! EVALUATING THE IMPACT OF NUTRITION TRAINING FOR PRIMARY LEVEL STUDENT-TEACHERS

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Introduction: This study evaluated the short-term impact of basic nutrition training on the knowledge of pre-service primary level teachers. It also explored their common sources of nutrition information.

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Methods: During the period 2006-2011, six cohorts of student-teachers (N = 294) attended four hours of lectures covering different aspects of nutrition and using an interactive pedagogy. The students also participated in a pre- post-test survey comprising a 20-question close-ended quiz based on the content of the lectures. In the post-test they also answered two open-ended questions on most memorable new knowledge and usual sources of nutrition information.
Results: At baseline the student-teachers lacked knowledge in a number of nutrition concepts, with the average correct responses being 44% or less for 13 out of 20 questions (range of average % correct responses: 12-95). At post-test there was a positive change in the average percentage correct responses for all questions except one, where there was no change. An average positive percentage change of 30% or greater was evident in 10 of the 20 questions (range of average % change in correct responses: 0-64). Students reported gaining knowledge mostly about cholesterol, different fats and oils. Fibre, 'light' products and a balanced and varied diet. Their most usual sources of nutrition information were initially TV and food packaging, with internet taking over in the latter years of the study.
Conclusions: Nutrition training can help student-teachers clear nutrition misconceptions, fill gaps in knowledge and increase their confidence as potential nutrition educators with young children. Student-teachers require training on how to recognise credible sources of nutrition information on the internet.

ONLINE PROBLEM-BASED LEARNING: A FRAMEWORK FOR INNOVATIVE PRACTICES IN INITIAL TEACHER EDUCATION ON HEALTH EDUCATION

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Introduction: Student centered approaches require teachers professionally adjusted to authentic, flexible educational contexts in which theory and practice, everyday knowledge and scientific knowledge are intertwined. Online problem-based learning is an adequate framework for such demands.
Objetives: To implement and assess a course on health education in a second cycle Bologna-based initial teacher training program.
Methods: Students were future teachers for 7 to 12 school levels in different subjects such as science, mathematics, informatics, philosophy, languages. All of them demonstrated good digital skills. None of them had any experience in problem-based learning. Students' participations in online forums, group and individual reports were analyzed.
Results: Three structuring modules were designed in accordance to the school health education curriculum: 1) basic concepts; 2) sustainability as a dimension of health education; 3) health education promotion in school contexts. Each module was organized around a problem situation (a trigger). Tutorial groups were formed. At the end of each module students presented a group report depicting a solution, and an individual report with a personal reflection about the experience. High variability in the degree of participation of each member in a group was observed. Analysis of reports and individual reflections revealed students' knowledge building on health education issues and their perspectives, experiences, and attitudes towards problem-based learning and e-learning.
Conclusions: The online problem-based framework promoted creativity, critical thinking, problem solving, collaboration, and digital literacy among students, competencies that are of the most importance for their future professional performance as teachers.

12. ELDERLY HEALTH

VALUATION OF LIFE AND HEALTH IN LATER LIFE: FINDINGS FROM A STUDY WITH COMMUNITY-DWELLING OLDER PEOPLE

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Introduction: Valuation of Life (VOL) represents a complex of judgments, emotions and projections into the future that reflects the active attachment to one's present life. As a construct, it comprises five core dimensions: hope, futurity, purpose, self-efficacy and persistence (Lawton et al, 1999).
Objectives: To assess differences in VOL between community-dwelling individuals according to main socio-demographic characteristics and to identify VOL's association with objective and subjective health measures.
Methods: A sample of 207 community-dwelling seniors aged between 65 and 96 years (mean = 77.2, SD = 7.5) were face-to-face interviewed. For data collection the Positive Valuation of Life Scale (Lawton et al, 2001), the Geriatric Depression Scale (Yesavage, 1982) and the OARS (Fillenbaum, Smyer, 1981) were used. Socio-demographic information was also collected.
Results: Mean VOL score was 43.87 (SD = 9.55), with higher values for men (49.87 ± 7.95) and for younger seniors (< 80 years old) (50.57 ± 6.74). Health measures revealed significant and negative relationships with VOL (< 0.01). Physical health showed the weaker correlation (R2 = −.223), followed by functionality (ADL -.422; IADL -.453) and mental health (−.630). There was also found a significant correlation between VOL and subjective health (−.351) with a better self-perception of health being associated with higher valuation of life.
Conclusions: The relationship between health, particularly mental health and subjective health, and the way people evaluate their lives must be recognized in future directions of research since it has the potential to predict why, how and how long people wish to live even under the adverse health circumstances of later life (Rott et al, 2006).

FALL RISK FACTORS VALUED BY ELDERLY AND NEEDS OF EDUCATION FOR PREVENTION

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Introduction: The prevention of falls in the elderly is a public health challenge, because these are the Fifth cause of death, they cause co-morbidities, disability and functional decline. In any program of prevention it is important to identify the risk factors of falling of the elderly and the awareness that they have of them.
Objectives: Identify the information that the elderly have about the risk factors and which they value and Identify their sources of information.
Methods: Descriptive, quantitative study done in 156 seniors, without cognitive deficit, institutionalized in 6 equipment for seniors, to whom have been applied the assessment scale of risk factors for elderly (Baixinho and Dixe, 2012).This assesses the importance assigned to each risk factor (on a scale of 1 to 5). It was obtained the consent of participation being guaranteed the anonymity and confidentiality of the data.

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Results: The population mostly feminine (67.3%), on average have 81.24 years old and is institutionalized there for 33.57 months, 66% experienced at least one domicile fall, 17.9% had information on risk factors and obtained it from family and friends (67.4%), health professionals (27.9%) and media (4.7%). 87.95% demonstrated the need for training on risk factors and preventive measures of falls. The most valued factors are the difficulties in walking, decreased muscle strength, balance changes and chronic diseases. Are devalued the polimedication, clothing, incontinence and vision changes.
Conclusions: Formal health education programs are required to alert the elderly for the individual risk. We need to develop studies that relate the perception of risk with the preventive measures adopted.

USING THE PRINCIPLES OF BODY MECHANICS IN EVERYDAY LIFE: A QUESTION OF SECURITY FOR THE ELDERLY

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Introduction: Biomechanical changes arising from the aging process, condition the movement, the body alignment and balance. A healthy aging program should teach and monitor the implementation of daily living activities using the principles of body mechanics.
Objectives: This work aims to identify the relationship between the security of the elderly and the use of body mechanics principles and promote the debate on the education of the elderly for the performance of daily life activities.
State of the art: National and international studies associate the changes of balance and stability to an increase in the fear and incidence of falls, to the decline of the functionality and to the aggravation of musculoskeletal injuries. Has no known studies that relate the body alignment with an increased difficulty in self-care and in the increase of accidents.
New perspectives/guidelines: Teaching and monitoring of use of body mechanics principles such as the body alignment in standing position, sitting and lying down, reduces the strain of joints, tendons, ligaments and muscles and is associated with the proper muscular tone and contributes to stability. The balance can be improved with simple actions such as moving the feet with a distance to the shoulder width, keeping the centre of gravity centered and in a wide support base. The balance in the activities improves if lower the center of gravity.
Theoretical and practical implications: Working with the elderly body mechanics issues promotes skeletal muscle functioning; reduces the effort required in the implementation of activities; increases stability and balance, reduces fatigue, prevents accidents and promotes independence in self-care. It is necessary to evaluate the gains with these programs.

SOCIAL REPRESENTATIONS OF NURSES OVER THE WEARER ELDERLY

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Introduction: Although aging is a natural stage of development, social representations related to the elderly lead to discriminatory attitudes that undermine the quality of care.
Objectives: The present study had as main objective to know the social representations and attitudes of nurses over the wearer elderly.
Methods: We conducted a cross-sectional, descriptive, correlational, quantitative, attended by 151 nurses, 115 women aged 22 to 55 years (M = 36.79) and 36 men aged 24 to 54 years (M = 38.78). To measure the variables used the following instruments: a socio-demographic form, the Scale of Social Representations (Catita; Goulão, 2008) and the Semantic Differential Scale of Attitudes Toward Aging (Neri; Cachioni; Resende, 2002).
Results: The results of the scale of social representations showed that in all three factors (positive, negative and care for the elderly) tend to be positive and the scale of attitudes revealed neutral attitudes. The results showed significant differences between the variables age, postgraduate, service, time in profession, time in service and degree of kinship and social representations. It was found that younger nurses with less experience time in his career and current service, with training post-basic (post-graduate) and living with older 1st and 2nd degree concurrently, have better social representations.
Conclusions: The evidence concur with the need to enrich the curricula of schools and post-base materials based on aging, promote intergenerational contact and intelligently manage human resources in health institutions, putting younger professionals caring for elderly, also promoting the turnover between services within a maximum of five years.

EMOTIONAL COMPETENCES IN THE ELDERLY AND SATISFACTION WITH LIFE

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Introduction: The emotional intelligence associated to the satisfaction with life allows the development of specific skills enabling the elderly to the resolution of some changes that occur in this stage of life.
Objectives: To connect the Emotional Intelligence of the elderly with the Satisfaction of Life.
Methods: A transverse, of quantitative nature study was developed. The evaluation protocol includes a social/ demographic questionnaire, the Scale of Satisfaction with Life and the Measure of Emotional Intelligence (MEI). The sample is non-probabilistic by convenience and consists of 199 elderly from the municipality of Viseu.
Results: The studied population is mostly female (64.8%), with an average of 66.28 years of age, married and 18.6% live alone. The majority (52.8%) reveals "high satisfaction with life" and 38.7% shows "Low emotional intelligence". The women show higher values in all dimensions and total value of MEI, except on the "self-control" dimension ($p > 0.05$). About 18.8% of the MEI variation is explained through Satisfaction with life ($\beta = 0.426$; $t = 6.618$; $p = 0.000$); 16.9% of "Sociability" is explained through Satisfaction with Life ($\beta = 0.411$; $t = 6.322$; $p = 0.000$); 16.0% of "Self-motivation" is explained through Satisfaction with life ($\beta = 0.400$; $t = 6.128$; $p = 0.000$); 12.6% of "Empathy" is explained through "Social Ability" ($\beta = 0.354$; $t = 5.319$; $p = 0.000$); 4,6% of "Self-control" is explained through Satisfaction with life ($\beta = 0.214$; $t = 3.078$; $p = 0.002$); 4.5% of "Self-consciousness" is explained through "Social Ability" ($\beta = 0.213$; $t = 3.056$; $p = 0.003$).
Conclusions: The satisfaction with life influences the emotional intelligence of the elderly, promoting the development of competences which contribute to an active aging.

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ABILITY TO WORK IN THE ELDERLY: INTEGRATIVE LITERATURE REVIEW

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Background: The aging process has been followed and discussed by academics, managements and by the health professionals to protect older people as citizens. According the purposes in health services, we are starting to focus on prolonging life and start to invest in the maintenance and promotion of work ability of the elderly, so this remains autonomous and independent. Thus, this study aims to integrate knowledge produced about elder and work ability.
Methods: Integrative review of the literature, guided by the question: There are correlations of gender, age, perceived health, chronic disease and socioeconomic conditions with work ability in the elderly? In the search, we use four databases, applying the same strategy in MEDLINE and LILACS; namely: ("elderly" [Subject descriptor] and "evaluation of work capacity" [Subject descriptor] and not "adult" [Descriptor the subject] or "chronic" [subject descriptor]). Already in CINAHL, employ the term: (MW Work capacity evaluation and ME aged). And lastly, in PUBMED, we value the strategy: ("aged" [MeSH Major Topic] and "work capacity evaluation" [MeSH Major Topic]).
Results: Of the 178 publications identified, 143 were excluded, resulting in 35 publications for this study. Age, gender, physical activity, higher socioeconomic and educational conditions exhibited strong influence on work ability in the elderly. Chronic diseases, stress and heavy physical workload are associated with loss of this ability and early exit from active life.
Conclusions: The ability to work has been explored from the perspective of valuing the elder person in the employment context through adaptations, qualifications and retraining in the workplace. Relaxation exercises, aerobic endurance and strength training have contributed to keep older workers healthy and active.

SELF-CARE AND DIABETES MELLITUS IN THE ELDERLY: CHALLENGE FOR HEALTH PROFESSIONALS

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Introduction: The aging of population determined a risk profile where chronic diseases, such as diabetes (DM) undertake a significant presence in health indicators. In this context, the self-care (SC) helps to achieve the goals related to health.
Objective: To identify in specific literature the methodologies, used by health professionals, which promote self-care in the elderly who has DM.
Methods: Integrative review method was used. The theoretical exploration was performed in 2013, using the Medline, LILACS, CINAHL and PSYCnet data bases. Being used the descriptors "self-care" AND "diabetes mellitus" AND "elderly" OR "aged". The papers were analysed by the theoretical foundation of Nursing Theory of Self-Care Deficit and classified in five empirical categories (negrite) and some subcategories (em italic).
Results: The category SC DEMAND describes the needs due health conditions, as diet habits and inadequated knowledge. Attending the demands, the health care service should elaborate strategies that develops the Capacity of SC of the elderly person; Managing and Developing the Educative Program. The category Actions of SC refers the comportamental shift of elderly person with DM realizing Actions and Taking Decisions on SC execution. The Basic Conditioners Factors, extrinsics and intrinsics, also should be evaluated in the educative program development. The health professionals are SC Watchmen, in other words, are effectives on the development process to "build" the SC, to increase your role with Competence and to act "Just in Time" to comply with the SC requirements.
Conclusions: Lead the development of the AC is to transform a theoretical knowledge and practical experience can be performed that can minimize the effects of DM by assimilation, lifestyle more active and healthy.

ELDER AND QUALITY OF LIFE: AN INTEGRATIVE LITERATURE REVIEW

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Introduction: To evaluate quality of life (QOL) of the elderly population favors the implementation of interdisciplinary health interventions, in search of safety and preservation or improvement of their QOL.
Objective: Integrate knowledge produced about elder person and health interventions in QOL.
Methods: Integrative literature, guided by the question: What interventions have been proposed and evaluated in improvement of the QOL of the elderly? Three databases were used, applying search strategies: Medline ("elderly" [Subject descriptor] and "quality of life" [Subject descriptor] and "community health assistance" [Subject descriptor]); PUBMED ("aged" [MeSH Major Topic] and "quality of life" [MeSH Major Topic]) and "community health services" [MeSH Terms]) and CINAHL (aged and MW MW MW Quality of Life and Community Health Services). Included on the search, there were articles in Portuguese, English and Spanish that associated quality of life for the elderly.
Results: The sample was composed of 27 publications, which we identify interventions to promote QoL: assessment of QoL in older people with degenerative diseases or mental disorders favors the implementation of interventions in relation to both the elderly and their caregivers, as exemplified by the family approach, transcendental meditation and occupational therapy. Similarly, studies have shown that Physical Activity Program has significant impact on QoL of elder persons.
Conclusions: QoL is perceived such a subjective experience for the individual and, therefore, to intervention on elderly, has influence on the clinical conditions of the patient as well as having considerable influence on their quality of life.

ELDERLY FALLS PREVENTION

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Introduction: Falls are associated with morbidity and mortality in the elderly. The main goal of this study was to identify the effect of exercise on reducing the risk of falls in the elderly.
Methods: We conducted a careful search in the Medline / Pubmed and B-on data bases, with the following descriptors: "accidental falls", "aged", "exercise". We found 97 articles (2006/2011),

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and after application of inclusion and exclusion criteria, left five articles that took part in the final analysis. All the articles included individuals aged 65 years or more submitted to falls prevention programs, including exercise.
Results: The results suggest that exercise is one effective strategy for reducing the risk of falls. Relate to the main components of each program, there was a predominance of muscle strengthening exercises, training for static and dynamic balance and coordination exercises and flexibility. The studies did not present sufficient clarification regarding the frequency, duration and intensity of exercise sessions.
Conclusions: Physical exercise can be crucial in the prevention of falls in the elderly in the community, however, more research is needed in the area, and the studies must show more clearly some methodological aspects that allow replication and comparison of their results.

13. FAMILY HEALTH

DIVORCE: JUST FAMILY CRISIS MOMENT? THE ROLE OF FAMILY RESILIENCE, ADAPTABILITY AND COHESION

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Introduction: The healthy and harmonious development of the child is strongly determined by environmental and family experiences. During its life cycle, the family is faced with several challenges, such as parental divorce. In these moments it is important for family members to possess coping skills to face new life circumstances. Thus, resilience, cohesion and adaptability may play an important role in this process.
Objectives: To analyze children's positive adjustment mechanisms to parental divorce.
Methods: A descriptive correlational study that integrates a non-probabilistic sample of 62 participants. Respondents answer two sociodemographic questionnaires, and three scales: Measuring State and Child Resilience, Healthy Kids Resilience Assessment Module and Family Adaptability and Cohesion Evaluation Scale III.
Results: There was a positive association between high levels of resilience and high levels of perceived family cohesion and satisfaction. The perception of children and of parents about the family adaptability and satisfaction was significantly and positively associated. Also a positive significant correlation was found, between trait-resilience subscale (parents) and response-set breakers subscale (children).
Conclusions: Resilience of children and adolescents after parent's divorce seems to be facilitated by cohesion among family members, as well by the traits of resilience of the parents.

PARENTING STYLES AND BEHAVIORS IN THE CHILD'S PERCEPTION: QUALITATIVE APPROACH

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Introduction: Studying family functioning on a quantitative approach may lead to a reductive comprehension the phenomenon. Currently, family studies include qualitative and multi-methods approach. This study aims to assess parenting styles and parenting behaviour in the child's own perception by answering an open question, on the assumption that accessing the child's experiencing may increase the knowledge about family processes, namely, parenting styles and it's outcomes. A convenient non-probabilistic sample of 110 Portuguese 5-8 old children (55 boys, 55 girls) answered an open question for both parents. Data was analyzed recurring to traditional qualitative thematic content analysis methodology and SPSS's STAS (text analysis for surveys) for quantitative analysis.
Results: Punishment was the most frequent word (mother: n = 58, 17.58%; father: n = 37, 12.33%), indicating that this coercive practice is common for both parents. Subcategories like physical punishment (mother: 11.46; father: 16.94%), time out disciplinary strategy (mother 11.93%; father 11.48%) and privilege withdrawal (mother: 8.26%; father: 10: 38%) were the most frequent parent behavior associated with the child's transgression. Sub-categories association generally follows a cycle: transgression-anger/verbal arousal-coercive parenting practices-transgression explanation/rules-negative emotions-reconciliation.
Conclusions: Although children may perceive parents as authoritative or permissive, results showed the use of coercive practices. Parenting styles may be an idealization and not always consistent with more volatile parenting practices, emphasizing the need to access different family members perceptions in a multi-method approach to better understand family socialization processes.

PARENTHOOD: WHY AN EXPERIENCE DELAYED?

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Introduction: According to Censos 2011, INE and PORDATA, Portugal has a negative Natural Growth that has been getting worst in recent years mainly as a result of a several decrease in the birth rate. Therefore, the fecundity rate not ensures the generational renewal. These rates are cross-cutting with socio-demographic, political and, economical issues but also open the discussion to individual (health and personal accomplishment).
Objectives: Identify and understand the reasons behind the down turn on the birth rate and the parenthood delayed in Portuguese individuals.
Methods: This is a descriptive quantitative study with a non-probability convenience sample of 200 childless individuals (100 men and 100 women) between 15 and 39 years old. It was administered a questionnaire survey by direct interview. For analyze, it's used SPSS Statistical Software.
Results: The first result suggests that 88.5% of individuals expressed a desire to be a parent. Among the main reasons for this delaying stand out professional conditions (25.5%), affective or psychological factors (25%) and financial reasons (19.5%). It was concluded that respondents who suggested the affective or psychological factors are mainly men above 30 years. The professional conditions are more prevalent in younger women; the financial reasons emerge as the third factor of delaying parenthood for both genders. Another relevant fact is the average of optimal age for the first child that was 29 years old.
Conclusions: This is a multifactorial matter that results from a different set of variables that require a comprehensive approach but at the same time focused.

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PARENTING STYLES AND CHILD'S STRESS IN FAMILY DYADS

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Introduction: In family studies, parenting styles (PS) research has increased worldwide, setting the need to understand primary socialization processes and child's rearing in its different cultural and contextual settings. Main research on PS and child's outcomes, often overlap different members perception, hence children's-parents PS perception have an increased pertinence allowing a better understanding of the family interactions complexity. The aim of this quantitative study is to relate parents' and child PS perception and child's stress perception in 103 mother-child and 57 father-child Portuguese family dyads.
Results: Parent-child parenting style perception, appear as independent, although mother/father PS are cohesive in the child's perception. Parents PS and child's stress are not correlated, while in children PS perception [fathers authoritativeness-authoritarian ($r = -.22$, $p < .05$) and mother permissiveness] are correlated to stress reactions explaining 9% variation [$F(1.55) = 6.184$, $p < .05$], indicating the positive effect of authoritativeness and permissiveness in the Portuguese children sample.
Conclusions: These results underline the importance of studying PS in different cultural contexts, whereas authoritativeness as the main promoter of child's development in Anglo-Saxon cultures may not be the single one in other cultures. Studying different family members' perceptions also helps to understand the impact of different points of view in family communication, interactions, child's outcomes and health and family emotional climate. Parents' awareness of child's perception and experiencing is essential not only to future research, but mostly to enhance inner family comprehension, improving everyday family relations.

FAMILY ENVIRONMENT OF HOSPITALIZED CHILDREN

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Introduction: Hospitalization of a child affects a mental state of both the child and the members of his/her family. The course of an illness as well as the treatment itself in a hospital maybe complicated by a child's separation from his/her family. That is why a hospitalization with a parent, especially in small children, is recommended.
Objectives: The aim of the research was to find out whether a type of family environment, i.e. family relationships (cohesion, expressiveness, conflict), family members' personal growth (independence, achievement orientation, intellectual-cultural orientation, active-recreational orientation and moral values) and maintenance of the family environment (organization within a family and members' mutual control) is a factor which influences a parents' decision to hospitalize a child on his/her own or to be hospitalized with him/her.
Methods: The method of the investigation was a standardized tool - the Family environment scale which includes ten subscales monitoring three under lying family dimensions - family relationship, personal growth and system maintenance. The questionnaire for parents consists of 90 statements that are closely related to their family environment. Statistical analysis was performed using the-test for two choices, Chi-square test and Fischer's exact test on the level of 5% significance.
Results: The sample was made up of 100 women, the most often ($n = 36$) were of the age31-35 years. The most families were oriented on personal growth (with a parent 54%, without a parent 68%). The least number of families were oriented on the system maintenance (with a parent 10%, without a parent 2%). In individual subscales no significant differences were found out between the family environment of children hospitalized with and without a parent. However, the families of hospitalized children without a parent were more oriented on achievement ($p = 0.272$), intellect and culture ($p = 0.066$) and moral-religious values. The families of hospitalized children with their parents, were more oriented on mutual support ($p = 0.866$), conflict ($p = 0.924$) and lesser family organization ($p = 0.830$).
Conclusions: Hospitalization of a child, with or without a parent, does not depend on the type of family environment in which a child is being brought up.

FAMILIAL RELATIONSHIPS OF SMOKING, OVERWEIGHT AND HYPERTENSION IN ADOLESCENCE

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Background: Smoking, overweight and hypertension in adolescence are considered as risk factors for CVD in adulthood. Familial aggregation of the factors aggravates the predictive risk.
Objectives: to assess prevalence and relationships of CVD risk factors in adolescents and their parents.
Methods: Six cross-sectional surveys of representative samples of school children aged 14-18 in 1989-2012 were carried out in Novosibirsk. Total sample was 3511 (43% males). 154 adolescents without parent's data were excluded from the analysis. Blood pressure (BP) and body mass index (BMI) were measured. Self-reported smoking (≥ 1 cig/week) was obtained from questionnaire. To define overweight the sex- and age-specific BMI cut-offs of the International Obesity Task Force were used. For hypertension the National High Blood Pressure Education Program Working Group (4th report) criteria were used. Information from parents about smoking (≥ 1 cig/day), overweight (BMI ≥ 25) and hypertension (≥140/90 mm Hg) were obtained by mail questionnaire.
Results: Associations of classic CVD risk factors in adolescents and their parents were presented. Adolescents' smoking registered two times more often in smoking families than in non-smoking. Prevalence of smoking among daughters was higher compared with their mothers. Relationships of parents' and children's BP levels were revealed on the maternal side. Among adolescents whose mothers had elevated BP, this risk factor registered twice more often compared with normotensive mothers' children. In group of overweight adolescents both mothers and fathers had BMI higher than in group of adolescents with normal BMI.
Conclusions: Familial aggregation of CVD risk factors indicates necessity of preventive actions at a family level.

FAMILY ROLE IN PREVENTION: A STUDY OF THE STRENGTHENING FAMILIES PROGRAM AMONG USA PORTUGUESE AND PORTUGUESE FAMILIES

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Introduction: Strengthening Families Program (SFP) has been found by a Cochrane Review to be twice as effective in preventing

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adolescent substance abuse in schools (Foxcroft, et al, 2003) and also cost effective (Miller & Hendrie, 2008). Culturally adapted versions of SFP 6-11 Years have been developed and tested by many countries and found effective. Hence a culturally-adapted version was also developed for Portuguese families.
Methods: The outcomes were compared using SFP 6-11 Years data with Portuguese families in the USA and in Portugal with international norms using a quasi-experimental 2 repeated measures (pre- to posttest) by 3 group design. Standardized test scales use measured 21 risk and protective factors. Data analysis included a between and within-groups ANOVA for main effects with p-values and Cohen's d.
Results: Statistically significant positive results ($p. < .05$) were found for 76.2% and 80.1% of the 21 outcomes for Portuguese and USA Portuguese families, including child overt and covert aggression, concentration, depression, social skills, family cohesion, bonding, conflict, organization, family resilience, parenting skills and parental substance use. In addition, 57.1% of the USA Portuguese and 42.9% of the Portuguese outcomes had effect sizes over Cohen's $d. > .50$.
Conclusions: Families can benefit substantially from SFP participation to improve parenting skills, family relations and children's behaviours. Recent SFP studies also found SFP reduced by 50% substance use in genetically at-risk youth (Brody, et al, 2012) and days in foster care for children of addicted parents (Brook, et al, 2012). Hence, SFP reduces health and social costs.

BECOMING A FATHER OR A MOTHER, THE FIRST YEAR OF THE CHILD'S LIFE: AN EXPLANATORY NURSING THEORETICAL MODEL

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Introduction: Raising a child is a great responsibility and challenge and demands deep transformation and adaptation in the parents' lives. This is likely to cause imbalance and vulnerability to themselves and to have implications in the child's development.
Objectives: To understand the nature of the transition to parenthood during the child's first year; to identify the personal, social and communitarian conditions in which it occurs and to understand the nature of its action; and also to comprehend the parents' patterns of response. The aim was to develop a mid-range theory contributing to the improvement of the quality of nursing care provided to the family during this transition.
Methods: Grounded Theory, semi-structured interviews, participant observation, constant comparative approach and theoretical sampling. Data was collected in the parents' homes, at five time points, a total of 75 interviews on 43 visits. Five fathers and five mothers participated in the study.
Results: Being a father, being a mother: an interaction-based process in the making is the core category of the explanatory theoretical model found. This represents the emergence of a force that enables the parent's personal transformation, motivated to child care and the restore of the necessary strength for the daily struggle which represents the parenthood. It demonstrates the continuous movement of the intra and interpersonal parents' organization, which outweighs the temporality of the parental condition as an identity reconstruction.
Conclusions: The concepts identified enhance the knowledge base of parenthood as a phenomenon and demonstrate a need to reflect on interventions in practice at the level of primary health care.

DECISION-MAKING CONFLICT IN THE GENETIC DISEASE FAP

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Introduction: The decision-making conflict is defined as a state of uncertainty about the course of action to take due to factors inherent in the decision (uncertainty of results and the relationship between risk/benefit) and modifiable factors (inadequate knowledge, unrealistic expectations, pressure and inadequate social support).
Objectives: To describe how the conflict decision-making occurs in each of the decisions of the genetic disease-FAP.
Methods: Quantitative, exploratory and descriptive.
Sample: Intentional non-probabilistic consisting 53 patients from a population of 100 patients.
Data collection instrument: Questionnaire with socio-demographic information and scale "Conflict Scale decision making in health", validated for the Portuguese population by (Martinho, Martins, and Angelo, 2011). We used nonparametric statistics in samples with less than 30 subjects.
Results: The sample is mostly male 58.5%, with a mean age of 42 years. Married 60.4%. Nuclear families account for 47.2%, the accompanying spouse disease 62.2%. 61.7% reported having the disease in the same line generation (siblings and cousins). The conflict in decision making is greater in individuals who make decisions about the use of helper methods to have children ($M = 33.28$), compared with other decisions that arise during the disease process of FAP. The decision on the liver transplant is the lowest level of conflict making decisions ($M = 11.91$) compared to the others.
Conclusions: Given the complexity of decision making in the context of an inherited genetic disease development studies to identify factors that may reduce the impact of the individual and the family in the decision-making in health and allow development and adaptation of nursing intervention strategies tailored to the needs.

MEN NEEDS IN PRENATAL TIME

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Introduction: Traditional maternal health services are particularly focused on maternal and child health and well-being. However, men during pregnancy experiences developmental processes, stress adaptation and behavior that are as individual and diverse as those associated with the pregnant woman, with the support and encouragement to expectant fathers being as important as the one that is provided to mothers.
Objectives: To study the needs of expectant fathers in prenatal care.
Methods: Centered on a qualitative approach, data was collected through a semi-structured interview, along with a sample of five expectant fathers, residents in the district of Braga, experiencing a partner's pregnancy for the first time, and up to a gestational age of 20 weeks.
Results: From the content analysis of the interviews, these categories emerged: need for emotional support, need of confirmation, need to adapt, need for information, need to be involved and need to feel responsible.
Conclusions: It is for health professionals to no longer foresee the antenatal surveillance as an exclusive area for pregnant woman

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and to promote the effective involvement of expectant fathers. Developing a reflective capability to understand the difference between the real needs of expectant fathers and those whose the health care professionals believes to be their needs is a challenge for health professionals.

14. OTHERS

THE NURSE'S ROLE IN FAMILY PROTECTION, PROMOTION AND SUPPORT OF BREASTFEEDING

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Introduction: Action of health professionals in the community must enroll in an atmosphere of co-participation with the patient-family/ community group, as weel as mutual respect in seeking solutions to their needs. While it is undeniable the importance of breastfeeding and its benefits, early weaning is still quite frequent. Community nurses as educators have a key role in encouraging, teaching and clarification about breastfeeding, especially in young women and those who are first-time mothers.
Methods: We opted for participatory-action research -on the grounds that this methodology is best suited to the scope of the project, since it becomes difficult to know the target audience without interacting with it and consequently lead to behavior change.
Results: European guidelines set out the advantages of breastfeeding ideally up to 6 months and thus it appears that 51% of the infants were breastfed. According to the report of the register of breastfeeding, 2011, it was found that the prevalence of breastfeeding stands at 48.4%, which comes against the data.
Conclusions: Even without a final assessment, it is clear that the ongoing action contributes to an increase in the number of children breastfed.

USE OF SUCROSE FOR THE RELIEF OF PAIN IN NEONATES: REVIEW OF LITERATURE

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Introduction: The hospitalization of newborns frequently leads to discomfort and pain. Its treatment should include environmental management, clustering the basic nursing cares, pharmacological and non-pharmacological measures for pain relief. The use of sucrose comes up frequently in the literature as a recommended non-pharmacological intervention. The relief of pain and discomfort on newborns guarantees a humanized care during the hospitalization.
Purpose: This paper conducts a literature review, analyzing published works in order to understand the efficiency of sucrose as a pain reliever and suggest a protocol for its use.
Methods: The selected papers were found through the following databases: Medline/Pubmed®, Nursing Reference Center®, Scielo® and Cinahl®, according to the adopted keywords. This search was restricted to papers published between 2005 and 2012.
Results: According to the consulted scientific papers regarding the mechanism of action, concentration and recommendations on the use of sucrose we found that sucrose between 12-24% two minutes prior to the painful procedure must be used. The dose may be repeated two minutes after the first administration, up to a maximum recommended for the infant.
Conclusions: The use of sucrose, especially during invasive procedures, is a very effective and safe practice for the control of pain. This use is effective in relieving from light to moderate pain and had no short-term side effects on the health of the newborn. The literature is unanimous in the junction of nonpharmacological procedures to improve efficiency in pain reducing responses and physiological stability of newborns, such as touch, kangaroo care and breastfeeding.

LEARNING AND READING DISABILITIES: A EMERGENT PUBLIC HEALTH PROBLEM

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Teaching and learning in today's schools reflect not only a significant educational concern, but also a public health concern. Different researches has consistently shown that if children do not learn to understand and use language, to read and write, to calculate and reason mathematically, to solve problems, and to communicate their ideas and points of view, their opportunities for a fulfilling and rewarding life are seriously compromised. Particularly, some longitudinal studies have showed that school failure has negative consequences with respect to self-esteem, social development, and opportunities for advanced education and meaningful employment. These consequences are more evident when children fail to learn to read. This happens because the development of reading skills is the major foundational academic ability for all school-based learning. Without the ability to read, the opportunities for academic and occupational success are limited. The educational and public health consequences of reading failure are calamitous. For example, around half of children and adolescents with a history of substance abuse have reading problems. Failure to learn to read places children's futures and lives at risk for highly deleterious outcomes. For this reason we consider reading failure to reflect a national public health problem. Once this is an emergent problem in Portugal, the goal of this communication is to discuss some important consequences of student's learning and reading failure, and its relations with the public health.

ANALYSIS OF HEALTH STATISTICAL DATA, AT PORTUGUESE MUNICIPALITIES LEVEL, USING SPATIAL AUTOCORRELATION APPROACHES

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Acknowledgments: The Portuguese Foundation for Science and Technology (FCT) through the project PEst-OE/CED/UI4016/2011, and the Center for Studies in Education, Technologies and Health (CI&DETS).
Introduction: The spatial autocorrelation is frequent in some variables. This statistical infraction if is not correctly taken into account can bias the statitical analyzes. Otherwise your account may help the examination of the spatial evolution of those variables, with important conclusions to support the implementation of some policies. The spatial autocorrelation

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means that the evolution of these variables, in some spatial unities (municipalities, regions, countries, etc), is influenced by variables in the neighbours territories.
Objectives: Analysis of the spatial autocorrelation in the health statistical data related with variables as the terminations of pregnancy carried out legally in hospitals, the mortality rate for circulatory diseases and the mortality rate for malignant tumors.
Methods: Following Hayford (2012) and Zhu (2009), for example, was analyzed the spatial autocorrelation for the variables referred before, in average for the period 2000-2011, disaggregated for the Portuguese municipalities, using the informatic program GeoDa and the spatial statistics tests as the Moran'I and the Lagrange Multipliers.
Results: The results show signs of spatial autocorrelation for the variables considered, namely spatial lag and spatial error. The spatial lag autocorrelation means that the variables are influenced by the same variables in the neighbors municipalities and the spatial error signifies that the variables are influenced by random effects that come from the neighbors municipalities.
Conclusions: In future statistical analysis, with this health variables, is important taking into account this statistical infraction to avoid obtain biased conclusions. On the other hand the policies defined to these subjects must take into account these results.

WORKPLACE BULLYING IN PORTUGUESE NURSES

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Introduction: Bullying is a reality at our workplaces (Einarsen, Hoel, Zapf & Cooper, 2011). Nurses as health professionals represent a risk group (ICHRN, 2007; Zapf, Escartín et al, 2011), different studies confirm this situation (Gillespie, Gates & Schafer, 2012; Hogh, Clausen & Borg, 2012).
Objectives: This study aimed to identify the incidence of workplace bullying in the nurses'.
Methods: It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. The sample is made up of nurses/students of the Post-Graduation Course of the Porto Nursing College (N = 151), who accepted to collaborate in the study. The instrument for collecting data was the Sociodemographic and professional form and NAQ-R, (Einarsen & Hoel, 2001), translated to Portugal by Araújo, McIntyre & McIntyre, 2004.
Results: 9.4 % (14) of the respondents assumed have been victims of workplace bullying in the past six months. In what concerns the results of negative acts, which nurses consider to be their experience in the past six months, were: "To be forced to carry out functions below ones level of competencies-10.6%" and "To be exposed to an excessive amount of work, impossible to carry out-9.9%". The comparation of averages by the Student t and Mann Withney U test between the subscales of NAQ-R and the social and psychological variables shows significant results statiscally.
Conclusions: The results of this study sensitize us to the importance of the implementation of intervention models to prevent workplace bullying in Portuguese nurses or to deal with stress related bullying.

WORK IN NURSING: MANAGING STRESS

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Introduction: Nurses' laboral context presents evident alterations at an individual and organizational level, being associated to higher levels of stress (Tuvesson H, Eklund M, Wann-Hansson CP, 2012). Stress management intervention programs should be a reality in the organizations (Wong & Lastinguer, 2012) in order to promote health at the workplace.
Objectives: Analyze the effectiveness of the implementation of a stress management program on nurses.
Methods: It is an exploratory and descriptive type of study, integrated within the paradigm of quantitative research. It is also a prospective and longitudinal study. The sample is made up of nurses/students of the Post-Graduation Course of the Porto Nursing College (N = 151). The instrument for collecting data was the Sociodemographic and professional form, the IRRP (McIntyre, McIntyre & Silverio, 1995). We implemented the intervention program, with a three sessions.
Results: The results we would highlight that in a sample of 151 nurses 84.8% were female. The minimum age was 24 years and the maximum 54 years, and the average was 33.2 years. The most prevalent responses to stress are Pressure-Overload, Distress and Health, Anxiety, Dysphoric Emotionality, and Anger and Frustration. The comparison of the averages of biometrics data - pulse and perception of relaxation level before and after the pratical sessions with statistically significant values, proves that after the program the results have been more favorable.
Conclusions: The obtained results show the importance of the implementation of intervention programs in the management of laboral stress at our organizations.

EHEALTH LITERACY: SCALE TRANSLATION AND VALIDATION FOR THE PORTUGUESE POPULATION

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Introduction: ehealth literacy reports the ability to search, find, evaluate, integrate and apply health information through the use of electronic environments. Presently, electronic environments are important sources to acquire health information, especially by adolescents.
Objectives: To perform the cultural adaptation and validation of the Portuguese version of the ehealth literacy scale (Norman & Skinner, 2006); to assess the level of ehealth literacy scale in a group of Portuguese adolescents, and to find its correlation with sociodemographic variables.
Methods: This is a quantitative descriptive correlational research study, with a non-probabilistic convenience sample of 1215 adolescents attending high school in Portugal, with ages between 14 and 22. A self-fulfilling questionnaire was used, with sociodemographic questions, along with the Portuguese version of the e-health literacy scale, that underwent a cross-cultural adaptation process previously.
Results: The Portuguese version of the ehealth literacy scale revealed a Cronbach alpha of 0.842 and a strong relation between all items ($0.123 > r > 0.682$; $p < 0.01$), with a single factor explaining 47.8% of the variance. ehealth literacy is related with gender ($p < 0.05$) and scholar grade ($p = 0.037$) for some items that explain the concept, but not with the age ($p > 0.05$) of the respondents. Globally, the adolescents considered themselves as "undecided" or "in agreement with" (mean of 3.4563 and SD of 0.582), in what concerns their perception of holding the skills of ehealth literacy.
Conclusions: The results reveal that the Portuguese version of the scale is an adequate and valid tool to evaluate ehealth literacy. In addition, this study has shown that there is a need to empower the ehealth literacy skills of the adolescents.

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FEED SCHOOL-AGE CHILDREN (6-11 YEARS OLD), TENDENCY FOOD

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Introduction: Already is known the close relation between improper nutrition and obesity development in children which is in base of different chronic diseases. Purpose: To obtain Information about the food structure of school children aged 6-11 years old to Identify if the mode of nutrition of these children is affected by the effects of globalization and modern life.
Objectives: To determine the actual structure of feeding in children school age , as well as comparing the food preferences of children by gender through. Specific objectives such as: Assessment Weekly consumption of cereals, pasta and rice, fruits and fresh juices, vegetables, milk, fish, chicken meat, red meat, cheese and yogurt, eggs, dried beans, sausages and ham, prepared juices, biscuits, chocolate, hamburgers, potato chip.
Methods: This is Cross-sectional descriptive study. Study population: 360 children in total, 171 boys and 189 girls (6 of 11 school-age pupils), in two schools in the city of Vlora (Albania), public and non-public schools in April 2012.
Results: by analyzing the data, we notice that: 1) Foods that should be consumed each day consumed under the weekly average of all Children involved in the study. 2) Consumption of foods considered risk factors consumed on a weekly average recommended by the food pyramid (FP). 3) The food intake appears the same as public school and non-public school in both Genders. 4) Girls tend to consume less food considered risk factors for health compared with boys.
Conclusion: The food structure of children of this age is ingested of globalization and modern Life. The results enhance the need to intervene with healthy nutrition Promotional programs and physical activity.
Keywords: Children. (FP). Food preferences. Risk factors.

THE UTILIZATION OF AN ANIMATED CARTOON IN THE TRANSMISSION OF INFORMATION AND KNOWLEDGE ABOUT SCHISTOSOMIASIS

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Introduction: The work of professionals in the field of health education can be enriched with the use of ludic materials, important mechanism of communication between people and an effective tool for teaching and learning.
Objectives: Considering these aspects, a short digital animation with the theme schistosomiasis, was adapted from the book "The spell Lagoon" authored by Virginia Schall, Antares Publishing, 1986, Rio de Janeiro, with the goal of stimulating educational meetings in which the popular wisdom can be shared with the scientific knowledge, initiating and encouraging an ongoing dialogue that transcends the information and light reflection.
Methods: This animation was built in Adobe Flash and Adobe Premiere in 2D and lasts for 16'13".
Results: The proposal is to use this material in schools and community spaces for people of different ages and social realities. The animation can show up as a technical facilitation of individual expression, group interaction and placement of new information from easy understanding of theme and the content of the basic about the disease.
Conclusions: The material always requires adjustments and adaptations to the needs of each situation especially if worked with differentiated groups, if necessary; to plan the educational action in function of contexts that is not only exclusively clinical. The assembly, after validation, will be available to be downloaded from the website of the Integrated Schistosomiasis (PIDE) in: pide.cpqrr.ficruz.br.

SCHOOL REINFORCEMENT AS A PROMOTER OF INCREASED CONFIDENCE AND SELF-ESTEEM ON STUDENTS OF COMMERCIAL PREPARATORY COURSES

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The use of school reinforcement by students outside of school is increasingly taking place in businesses within the framework of an educational market, and also becoming more competitive. Studying this kind of educational offer, as a promoter of increased confidence and self-esteem on students that use this kind of support is one of the goals of this research. Empirically, this phenomenon was studied in the city of Brasília. Five directors of commercial preparatory courses that offer school reinforcement were interviewed, in order to get to know their opinion about this issue. Furthermore, 115 students that attended these centers were questioned about the motives that led them to make use of this activity and about its impacts. Results seem to suggest that directors (B2, B3, B4 and B5) assess positively the impact of school reinforcement on students' self-esteem, academic results and skills. Moreover, 85.24% of the surveyed students answered that they "agree" and "totally agree" with the statement that "school support has helped to increase their confidence". According to these empirical results, we found significant positive correlations between school reinforcement and the increase in academic confidence and self-esteem reflected in students' attitudes in the classroom and their overall academic success. This work is financed by FEDER funds through the Operational Program 'Thematic Factors of Competitiveness' - COMPETE and by Portuguese national funds through FCT - Foundation for Science and Technology, in the scope of the project "Xplika International - comparative analysis of the private tutoring market in five capital cities" (PTDC/CPE-CED/104674/2008).

THE RELATIONSHIP BETWEEN SCHOOL PERFORMANCE AND THE ATTENTION OF STUDENTS IN PHYSICAL CLASSES

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Introduction: The study of students' thinking and particularly their attention in class have been gaining importance within the context of the investigation of the teaching act. The attention off the students' is considered by the investigation as a powerful mediating variable, because its influence is evident in the teaching-learning process, as well as it emphasizes the mutual influence between the behaviour of the teacher, the behavior of the student and the learning results.
Aims: Under the logic of the paradigm of the mediating process, this study pretends to analyze the students thinking, that is, to know what the students are thinking during the physical education classes and whether the students' attention was different depending on their performance.

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Methods: We select 150 students from 7th, 8th and 9th grades of Basic Education, aged between 12 and 16 years old, to whom we applied a questionnaire, in which the students signalized what they were thinking of at certain moments of the physical education class (Atest - EF)
Results: According to the analysis and processing of data, we defined the profile of the students' attention with different performances in the physical education class, we noticed that the students were attentive to the task by a decreasing order of importance, followed by the attention to the behaviour, attention to the information and then, with lower values, the attention off the task and the attention to other things.
Conclusions: The study provides information that there are no differences in the attention profile among students with different school performances in the physical education classes.
The Portuguese Foundation for Science and Technology (FCT) through the project PEst-OE/CED/UI4016/2011, and the Center for Studies in Education, Technologies and Health (CI&DETS).

TEACHERS HEALTH AT A PUBLIC SCHOOL FROM PORTO ALEGRE

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Introduction: This study is resulted of discussions between the authors, from some of the elements found in a survey on teacher's health, held at the Postgraduate Program in Education at PUCRS, in the search line Person and Education, with the objective of detect and analyze the conditions of malaise and wellbeing of teachers in a Municipal Elementary Education School of Porto Alegre.
Methods: This quantitative study gained access to information on permits for health treatment of the teachers of that school in the 1st half of 2010, obtained from the Municipal Department of Health. These data were analyzed with descriptive statistics.
Results: it was found that 35.4% of teachers at this school have requested some sort of license to health treatment, indicating a high rate. The licenses were classified according to the CID-10/2008, verifying that 12.5% of absences were caused by some type of mental and behavioral disorder, 57.26% of the total days of absence, cirurgical deseases with 4.16%, generating 12.58% of the days, and osteomuscular deseases with 5.2% , generating 9.92% of absence days.
Conclusions: We emphasize that several factors may contribute to the improvement of teachers health and wellness, for example, the school environment with supportive and welcoming, positive interpersonal relationships and sidewalks affect, shares via education systems and health and social support.

HEALTHY UNIVERSITIES THROUGH PARTICIPATORY RESEARCH: PEER "SEED GROUPS"

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When it comes to Health Promotion Research, different contexts influence efficiency of prevention models, including abilities of researchers themselves. Participatory Health Research(PHR) is gaining recognition internationally as a valid alternative to experimental designs and seams useful for health promotion(HP) in the university context. PEER develops a training course for "seed groups" in Portuguese speaking health schools. It aims to mobilize university students, teachers and community stakeholders to promote health, with a focus on dialogical procedures and creative education to do community mobilization for health, based on PRECEDE-PROCEED model and quality criteria of PHR.
Objectives: Describe initial process of mobilization.
Methods: Mobilization involves the creation and training of "seed groups" to develop and implement HP strategies "Seed groups" should do an initial assessment of Lifestyles and HP Projects operating in their university. This approach will support the design of HP actions. During training course, participants should exercise group dynamics, conflict management techniques and recognize the link between Peer Education and PHR and the principles of a HP university.
Results: During first year, 8 universities [in Portugal (5); Angola **a**; Cape Verde **a** and Brazil **a**], have joined PEER. Teachers (47), students (65), staff (8) and community stakeholders (30) participate at training (30 h). Those "seed groups" began mobilizing its community to measure lifestyles, draft a participatory action research project and promote several activities based on Peer Education like peer counseling and outreach work.
Conclusions: All participants recognize the principles and processes of development of a health promoter context, particularly in mobilizing a school community.

NEW ORGANIZATIONAL MODELS IN HEALTH SECTOR: A STUDY OF A LUSO SPANISH CHAIN IN HEALTH AND WELFARE

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The promotion of health in terms of practices, performance and structure, becomes a rule in the current context of the western world. The various practices of health care and welfare today are the result of knowledge gained over thousands of years. This ancient building almost leads us to affirm that we are facing a return to origins, where health and wellness are increasingly sought after, given the benefits and transformations that operate on our health in its broader term rise. In recent years, in order to optimise resources, the provision of health care and welfare have emerged forming new organisational forms, the franchising chains. However, the behavior of these new organizational forms has resulted various problems such as free riding and hold up. The current research paper intends to demonstrate that these problems become bigger once the franchisor provides franchisees an exclusive territory that could endanger the quality of services provided. The research consists of two extended data collection periods. During the first period (2006–2008) a questionnaire has been used to collect data, focusing in the Iberian franchising. Moreover, the second phase (2008–2012) included qualitative data selection through interviews which were conducted to franchise networks related to health and wellness. The results demonstrate that it is essential to review the behavior of these new organizational forms so that their users can regain confidence in them by ensuring the provision of high quality services.

HEALTHY LIFESTYLE IN COLLEGE STUDENTS. HEALTH PROMOTION LIFESTYLE PROFILE II: PORTUGUESE VERSION

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Introduction: The health status of an individual corresponds to richness and prosperity, which means that if we invest on

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health, we are promoting society and a better world economy. The non-adoption of healthy lifestyles has been a major cause of worldwide mortality.
Objectives: Translation and validation of the portuguese version of Health Promotion Lifestyle Profile II (HPLP-II).
Methods: A methodologic study was performed to assess the metric proprieties of the instrument by a quantitative approach, using a non probability convenience sample of 749 college students of nursing and engineering from portuguese colleges. The study was developed using sociodemographic questionnaire, the scale of HPLP-II (Walker & Hill-Polerecky, 1996) and the scale of Questionário de Atitudes e Comportamentos de Saúde (Ribeiro, 2004).
Results: The analysis of the metric properties of the instrument showed good alpha of internal consistency for the total scale ($\alpha = 0.92$). Exploratory Factor Analysis explained 42.7% of variance, and Confirmatory Factor Analysis showed an adequate fit to the data, yielding a 52 items six-factor structure (CMIN/DF = 2.59; RMR = 0.04; GFI = 0.85; NFI = 0.764; CFI = 0.84; RMSEA = 0.046; Hoelter = 308). The HPLP-II showed that Portuguese nursing students have healthier lifestyles than students from engineering, concerning the health responsibility, nutrition and Interpersonal relations. However, it was observed that the lifestyle of a nursing student does not improve significantly through the course. In fact, students from the 3rd year of nursing school show in general less physical activity than younger students from the 1st year.
Conclusions: The HPLP-II is a good strategy for evaluating healthy lifestyles of portuguese college students.

IMAGERY: CORRELATION BETWEEN IMAGERY AND ABILITIES IN FOOTBALL - PASS, DRIBLE AND SHOOT

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Introduction: Currently there has been a major concern among sports professionals to develop and implement strategies and techniques for improving motor skills, with the objective of optimizing the technical sport abilities. "Imagery" can serve as a complementary methodology for improving the teaching-learning of motor skills and abilities.
Objectives: The aim of this work/investigation is to determine what is the correlation between the "imagery" and the ability of football skills in drible, pass and shoot.
Methods: This is a case study with convenience sample of 26 subjets, with 12.3 ± 0.5 years. To quantify the individual ability of "imagery" was applied MIQ-R (Revised Movement Imagery Questionnaire, 1997) - and to access the ability of global skills in football- global football abilities and skills tests set proposed by Mor-Christian, 1979 (the tests of drible, pass and shoot were selected).
Results: In every specific global football ability and skills test realised, the results showed us that the subjets with bigger capacity of imagery achieved better outcomes than the ones with lower capacity of imagery, showing a weak positive correlation ($0.1 \leq r < 0.5$). MIQ-R results indicated differences statistically significant, with higher values on the visual modality than the kinesthetic modality ($p \leq 0.05$).
Conclusions: We realise and conclude that there is a weak positive correlation between the "imagery" and the global abilities and skills in football - drible, pass and shoot, in the subjets of the sample. Furthermore, the subjets showed differences statistically significant (higher values) on the visual modality when compared with the kinesthetic modality in the MIQ-R realization.

POSTPARTUM PERINEAL PAIN ASSOCIATED WITH PERINEAL TRAUMA AND SUTURE TECHNIQUES

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Background: Postpartum perineal pain is one of the most common problems after vaginal birth and can have a negative impact on women's quality of life.
Objectives: We aimed to assess the influence of perineal trauma and suture techniques on the magnitude of perineal pain at different moments (at 2, 10 and 45 days after birth) and domains (while at rest, moving, sitting and urinating). In addition, it was our goal to compare those three moments in what concerns the levels of pain reported.
Methods: We conducted a transversal, descriptive, co-relational, quantitative study in a pool of 281 women who had a normal delivery between October 2010 and February 2011. Data was collected from two questionnaires: one of them addressed to the women and the other to the health care professionals. Perineal pain was assessed with a numerical scale from 0 to 10, approved by Direção-Geral da Saúde (Portugal, 2003).
Results: We found that the variable perineal trauma had a significant effect on postpartum perineal pain both at day 2 (on moving and sitting) and day 45 (while urinating). Women with the most severe perineal trauma were those who reported more pain in these assessments. There were no statistically significant differences in pain amongst the suture techniques. We found significant differences in perineal pain amongst day 2, day 10 and day 45. The level of pain was higher at 2 days after birth and declined over time.
Conclusions: These results invite us to reflect on the need of furthering research in order to implement effective practices based on robust evidence aiming to reduce perineal pain in the postpartum period and consequently to improve women's health and well-being.

CURRICULAR ENRICHMENT ACTIVITIES AND PHYSICAL FITNESS

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Introduction: The interest of researchers on the fitness levels of the juvenile population, is based on the desire to better understand their relationship to health and well-being of children and young people.
Objectives: To assess the physical fitness levels of children attending the 1st Primary School taking into account age and gender, and verify the effect of Oriented Physical Activity.
Methods: This is a case study with convenience sample of 70 children attending the 1st Primary School aged between six and nine years old. The instrument used in the study to collect the results was the Fitnessgram test battery (2003), and the application's methodological procedures have obeyed the defined in this battery's Test Application Manual (The Cooper Institute for Aerobics Research, 2002).
Results: The results showed that physical fitness levels of children attending the 1st Primary School are considered satisfactory since most of the evidence was classified as fit or super-fit. The results also showed that boys obtained in each of the evaluation moments better scores than girls except in the "sit and reaches right" and

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"sit and reaches the left" tests. In all events, there was a significant improvement in the results of either the boys or girls in the two evaluation moments, except in the "sit and reaches right" and "sit and reaches left" tests, where there was a significant decrease between the two periods.
Conclusions: The results seem to show that the work done during the curricular enrichment activities may have contributed positively to the improvement obtained in most tests of physical fitness.

SEXUAL ABUSE OF MINORS: OCCURRENCE CIRCUMSTANCES

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Introduction: In recent years, child sexual abuse was highlighted social and politically. Consequently, decreased the tolerance of this type of crime, failing to be hidden and apologized by permissive laws to male superiority and feelings of shame and guilt for this crime.
Objectives: Identify the circumstances and context in which child sexual abuse occurs.
Methods: Descriptive study, accomplished with 60 inmates child abusers (22-83 years, M = 48.33; SD = 13.059), predominantly married (35.0%), with low education (40.0% 1st cycle and 16.7% illiterate). Mostly resided in Lisbon district (33.3%-55% in rural areas and 19 who were living in the city did so in housing estate). Ate the date of the last crime, 5.0% were inactive and the ones who were active 26.7% were "labourers, craftsmen and similar workers in industry and construction". The data collection was based on the realization of an interview.
Results: Most of the offenders knew the victim and the crime occurred in households (73.3%). The aggressor's house was the main place where the crime was consummate (60.0%). The afternoon and the night were the preferred periods for the crime occurrence. The crimes were premeditated in 86.7% and in 10% (8 people) were considered as impulsive. At the same time of the sexual abuse, 40% of the offenders were under the influence of substances (35% alcohol, 3.3% drugs + alcohol and 1.7% drugs).
Conclusions: The results show that most of the crimes of abuse were premeditated and practiced in familiar surroundings in the afternoon or evening by relatives of the victims. These facts should be taken into account in the diagnosis and treatment of offenders, in prevention and in family education.

PROFILE CARDIOVASCULAR RISK IN ASYMPTOMATIC PEOPLE

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Introduction: The cardiovascular diseases are a problem of public health, which urges to be minored. The risk factors, known as causes of increasing the probability of occurrence of a determined happening, precede the cardiovascular diseases for several years.
Ojective: Determine the profile of cardiovascular risk factors in the asymptomatic people.
Methods: The transversal descriptive study was realized in 1148 people, composed mainly of the female sex (57.8%), having about 37 years and secondary studies (27.4%). The instrument is a Cardiovascular Risk Questionnaire.
Results: The presence of cardiovascular risk was identified in 90.6%, being that 32.6% revealed high cardiovascular risk and 25.3% moderate risk; men presented higher risk of developing cardiac diseases when compared with women (48.9% vs 20.3%). It was evidenced that 27.6% of the participants were hypertensious; 59.3% presented overweight; 1.2% had capillary hyperglycemia and 20.0% were smokers. The cardiovascular risk revealed to be higher among the participants with low studies and among the elderly people. The risk increases when the BMI, the systolic and diastolic arterial pressure, the values of capillary glycemia and the abdominal perimeter increased.
Conclusions: The use of the cardiovascular stratification risk scale is essential, contributing in order to give support to therapeutical decisions based on scientific evidence. The necessity of prevention of the cardiovascular disease, which must be oriented in a global approach of risk factors, establishing common platforms between primary and differentiate cares, harmonizing strategies/ proceedings, facing the prevention as an everybody's task: government, scientific societies, health professionals, with the responsibility of the individual.

PATIENTS' SATISFACTION BY CLINICAL PRIORITY

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Introduction: Patients' satisfaction is an important indicator of the quality of health care. Patients consider the relationship with the professional as being relevant to the quality of the services provided. The Manchester Triage System is a working tool which allows the improvement of the quality of care to persons who resort to emergency service.
Objectives: Evaluate the satisfaction towards in triage.
Methods: This is a descriptive cross-sectional study based on a non-probability sample of 500 patients (48,2% women; 51.8% men), with an average age of 52.95 years, they were mostly married (70%), lived in rural areas (62.8%) and had primary school studies (36.8%). The data collection was obtained through phone call 72 hours after the emergency episode.
Results: The priority: yellow (48.8%), green (27.9%), orange (12.1%), blue (1%) and red (0.4%). Most patients revealed to be satisfied (86.4%) with the care provided by nurse triage, 38.7% were very satisfied and 47.7% satisfied. The most satisfied patients were those who were identified with a white tag, followed by the highest clinical priority patients (red tag), who waited less time until they were submitted to triage, and those who have shown to be more informed. The most satisfied patients were those who were treated by their own name, who believed that the health professional showed sympathy and willingness to listen, whose privacy was respected, whose confidential information was kept and those who felt their cultural and religious beliefs were repected.
Conclusions: The results suggest that when is given more information, the clinical priority is higher, and the service is faster and more customised, the patients are more staisfied.

DANCE AND BODY INTEGRATION: CONTRIBUTIONS OF VOCALIZATION AND MOVEMENT IN BODY LANGUAGE

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Introduction: The adequate body formation of future elementary school teachers is crucial to promote a better body integration among children and enhance their body awareness.

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Objectives: We believe that a new dance methodology based on vocalization-movement may enhance body integration in elementary school.
Methods: For this work we present an action-inquiry proposal based on hermeneutics methodology with a sample of 50 students attending a high degree course in Portugal. We collect data based on personal reports, open interviews, video shooting, field notes, diaries and the author's personal narratives(Mead, 1934; Blumer, 1969).
Results: When confronted with the question "describe your experience during the exercises" which was transversal to all movement-voice work, the students agreed that these exercises helped them feel a great well being and that this exercises helped them become more aware of their own bodies and movement.
Conclusions: In the author's opinion there is still a consistent belief that whenever we propose some dance exercises, participants tend to add voice to movement. Most of the participants manifest that they feel a great connection between voice and movement allowing them to feel their body free and desinhibited in the interaction with others. Some participants shared however, that whenever they are asked to make this action with a conscious and deliberately attitude, some of them have difficulties adding their own voices to the dance or movement exercises. Contrarily, to this situation, everytime the exercises are oriented by the teacher's vocalizations, students offered no resistance.

ADOLESCENT SELF-REPORTED LIFETIME SUICIDE ATTEMPTS IN LATVIA: FAMILY RELATED FACTORS

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Introduction: Suicide and suicidal behaviour is one of the most important public health problems in Latvia. Suicide rate in Latvian population is among the highest in the European Union, while globally it ranks in 10th place. Moreover, suicide is the leading cause of death among 15-19 year-olds.
Objectives: To assess relationship between self-reported lifetime suicide attempts and different family related factors among 15-16 year old school children in Latvia.
Methods: Self-reported suicide attempts were assessed in a nationally representative sample of school children within the 2011 data collection of the European School Survey Project on Alcohol and other Drugs (ESPAD). Adjusted logistic regression model with adolescent self-reported suicide attempt as dependent variable and various family related factors as factor variables were analyzed.
Results: Of seven factors studied the two most important factors were family history of suicide attempt (OR = 4.9; 95% CI = 3.4-7.1; $p < 0.001$) and sexual abuse by family member (OR = 3.5; 95% CI = 1.8-6.8; $p < 0.001$). Dissatisfaction with relations with mother (OR = 2.9; 95% CI = 1.9-4.7; $p < 0.001$), not living with both biological parents (OR = 1.9; 95% CI = 1.3-2.6; $p < 0.001$) and female gender (OR = 1.8; 95% CI = 1.3-2.5; $p < 0.001$) was also associated with lifetime suicide attempts. Our model suggests there are no statistically significant associations with family socioeconomic status or dissatisfaction with relations with father.
Conclusions: Family related negative experiences plays a significant role regarding adolescent self-reported suicide attempts in Latvia-these findings extend the importance of population based suicide and domestic violence prevention programs. Further research is needed to assess other factors related to suicidal behaviour in Latvia.

INDOOR AIR QUALITY AND HEALTH IN SCHOOLS

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Introduction: Children spend a lot of time in school, so it is expected that the conditions of these buildings constrain the incidence of respiratory symptoms.
Objectives: To evaluate the association between indoor air quality in Coimbra schools and the prevalence of respiratory symptoms, in children.
Methods: We evaluated 1019 students. The evaluation was conducted using a questionnaire. It was also analyzed the temperature, Relative Humidity, concentrations of various air pollutants, nitrogen dioxide, sulfur dioxide, volatile organic compounds, carbon monoxide, carbon dioxide (CO2), ozone, formaldehyde and particulate matter in fifty-one Coimbra schools.
Results: The symptoms mentioned most were: asthma 13.35%, 17.94% wheezing, 34.26% sneezing and 22.04% allergic rhinitis. There was a significant association between exposure to CO2 values and the presence of certain symptoms: 1) "Asthma": 83.3% of children were exposed and had pathology; 2) "chronic bronchitis": 81.8% of children with pathology were also exposed to increased levels of pollutant under study significantly ($p < 0.05$); 3) "wheezy and whistles", "sneezing" and "coughing": 85.8% and 86% relative prevalence were between exposure to higher levels of CO2 and the presence of these symptomatology compared to children who were not exposed and without symptoms, 4) "allergic rhinitis": 87% of children were exposed to increased levels of CO2 and this had symptoms compared to the unexposed. We also observed that most children attending school parish "predominantly urban" and "urban medium" and who had symptoms were also more exposed to elevated CO2.
Conclusions: The exposure to risk values CO2 revealed to be associated with certain respiratory symptoms.

EXPECTATIONS OF PEDIATRIC HOSPITAL STAFF REGARDING THE OPERAÇÃO NARIZ VERMELHO'S HOSPITAL CLOWNS

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Introduction: In Portugal, amongst the interventions that combine art, play, and humor for the promotion of wellbeing and quality of life in pediatric settings, the hospital clowns are attracting growing attention and recognition in society, particularly, amidst their targets: children, parents, and hospital staff.
Objectives: To identify the pediatric staff's main expectations regarding the work of Operação Nariz Vermelho.
Methods: Assessment of staff's expectations (n = 37 professionals) one month before the HC's started their intervention was completed with a 30 minutes interview. The anticipated advantages and disadvantages of HC's presence, the activities they might perform conjointly, the functions HCs should undertake, or the skills they could learn via observation and collaboration with HCs were examined.
Results: Substantial openness of most of the professionals regarding the presence and teamwork with HCs, and anticipation of several advantages for the child, parents, staff, and the hospital were described. The attenuation of the negative impact of internment

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experiences, greater cooperation with staff, or the facilitation of family-staff communication was anticipated as advantages. Fear of clowns and the feeling of "childishness" (amongst teenagers) or "disrespect" for the children's emerged as main difficulties.
Conclusions: The hospital staff's receptiveness regarding joint work with HCs is understood as vital to the reinforcement of the benefits that this type of intervention might have on all the pediatric community. Additional studies are being developed within "Rir é o melhor remédio?" interventions, in order to confirm this assumption.

HEALTH IN TIMES OF ECONOMIC CRISIS: LEARN WITH THE EVIDENCE

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Introduction: Economic crises produce impacts on the physical and mental health of the populations. Health risk factors increase while protection decreases. The effects manifest themselves differently in time but can be prevented or mitigated.
Objectives: To understand the negative effects of economic downturns on population health and ways to prevent them.
Methods: Literature search in MEDLINE, and other sites of evidence-based medicine, of articles published from January 2000 until February 2013, using the MeSH terms: Economic crisis, Financial crisis, Health, Mental Health.
Results: The scientific production in recent years has shown the effects of economic crises on health. There was an increase in mortality rates for most leading causes of death. Infant mortality, mortality related to homicides and suicides increases whereas mortality from road accidents decreases. The rise in unemployment is associated with higher suicide rates. The most vulnerable groups are particularly affected. The effects of economic crises can be mitigated. Investment in active labor market policies reduce the impact of the recession on the population's mental health and decreases suicide rates. Strong social protection systems make societies more able to face adversity. Support programs for low-income families, institutions that create social networks, measures to combat over-indebtedness, decreased accessibility to alcohol and the proximity of mental health services to the people can make a difference.
Conclusions: The adverse effects of economic crises on populations are predictable and can be mitigated with appropriate measures.

FEATURES OF RELATIVES OF CHILDREN WITH TYPICAL AND ATYPICAL PHONOLOGICAL PROCESSES BETWEEN 6 AND 7 YEARS

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Introduction: During language development, children perform phonological processes that are described as simplifications of adult speech. These can be considered as typical or atypical according to the age at which they occur. It is expected that atypical development may be related family and demographic characteristics.
Objectives: Determine the prevalence and relationship between the occurrence of typical and atypical phonological processes in children between 6 and 7 years old with the features of their relatives.
Methods: We studied 28 children of both gender, aged 6 and 7 years old, attending the 1st CEB in the region of Leiria and Vale de Cambra. Fulfilled authorizations and formal ethics, TFF-ALPE was applied for data collection.
Results: 82.1% (23) of children presented phonological processes, however 25% showed atypical ones. Of these children, 20.8% have mothers with secondary or higher educational background and 13% with more than 41 years. The 5 children belonging to families rebuilt presented phonological processes but only one showed atypical ones. One parent reported a history of language disorders and other of speech disorder but only the son of the latter presented atypical processes. The number of elements of the household is not related to the presence of phonological processes ($p > 0.05$).
Conclusions: The presence of phonological processes between 6 and 7 years old is an evidence. However, the assumption that these would be related to the academic qualifications and mother's age, family type, number of members in the household or phonological disorder family history was not confirmed.

THE PUERPERA'S PERCEPTION OF THE CARE RECEIVED

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Introduction: Understanding what a woman considers important with regards to obstetric practices and how they perceive them allows for us to direct the care provided towards their true needs.
Objectives: To assess the relationship between perception and the importance of care the care received with regards to "care provided", "reaction towards pain", "social and family support", "attention given to well-being" and "attention given postpartum/ after released from hospital".
Methods: This is a quantitative, descriptive, analytic-correlational cross-sectional study with a sample of 405 puerperae, admitted to maternity wards after childbirth. The protocol for assessment allows for the socio-demographic and obstetric characterisation of the sample and includes the Perceived Importance of Obstetric Practice Scale (Roman Oliver, Espinaco Garrido, 2008).
Results: The importance shown by participants regarding obstetric practices highly influence how they perceive them, as the importance manifested is greater than the perception. Of the percentage of participants (77%) who consider it to be "very important" to have non-pharmacological methods for pain relief, more than half (75%) were "poorly attended to." A large number (58.4%) of routine interventions are performed and only 66.39% of the participants were informed about them.
Conclusions: Further deepening the knowledge about the woman's perception towards the care they receive allows health professionals to introduce change and develop strategies in pursuit of excellence in care.

"HIGHLY SECURE": APPROPRIATE TRANSPORTATION FOR A NEWBORN

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Introduction: The use of child restraints reduces the occurrence of death or serious injury in children by 90 to 95% (Directorate General

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of Health, 2010) thus constituting the most effective measure to protect children and reduce infant morbidity and mortality in case of traffic accident (Amann, 2012).
Objectives: To assess the level of knowledge of mothers regarding the safe transportation of full term newborns and whether knowledge of the law on transporting babies in an automobile influences the mother's self-perception of caring for a full term newborn.
Methods: This is a quantitative, descriptive, analytic-correlational cross-sectional study. The sample consists of 212 women admitted to Obstetrics at the Hospital Centre in the central region of Portugal. The assessment protocol includes an index of knowledge on the safe transport of a newborn and a Self-Perception Scale of Maternal Neonatal Care Skills (Santos & Mendes, 2004) which revealed a Cronbach's alpha of 0.963. The mothers who know the laws of transporting a baby in an automobile were the ones who reported greater self-perceived maternal skills in relation to "health and comfort," "maintenance of body temperature" and "avoiding dangers".
Conclusions: The postpartum period in hospital offers various educational opportunities for parents. We consider the implementation of the project "Highly secure" to be essential in order to overcome the difficulties highlighted in our research.

TELEVISION ADVERTISEMENTS AND CHILDREN HEALTH RISKS, TWO NATIONAL TV CHANNELS

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Introduction: Media affects public specially the most undefended group children, using the communication tools such as TV adds. Producers try to change buying habits of children using advertisements which also effects parents' purchases.
Objectives: To assess the relationship between tv commercials and children health risks.
Methods: This is a quantitative descriptive study with a sample of 1714 tv adds broadcasted at 2 national tv-channels (children channel- general population based channel) between 08.00-19.00 hours. The evaluation protocol includes a form of 15 questions and subscales. SPSS 15.0 was used at analyses.
Results: We found that the harmfull food advertisements were used especialy between 08.00-10.00. Children characters were used at 41.83% of the adds, fantastic, exaggerated and humorous expressions were chosen at children channel more than the general population targetted channel. Music, supernatural forces, fun and adventure based themes were dominant at children tv channel whereas music, fun and taste were chosen at the other channel. Consumption, self-confidence and negative feedback to family unity were given feelings at both channels. Risky adds were used at children tv-channel (53.2%) more than the other channel (15.6%). Indirect advertisement method was chosen at the general population based tv channel (14.1%/0.9%). All parameters given above were statistically significant ($p < 0.001$). 34.8% of the adds in children channel, 30.0% of the adds at the other channel used suggestive and indirect language at advertisements ($p = 0.041$).
Conclusions: The results enhance the need to legal arrangements for the tv advertisements. Awareness of health risks of watching tv adds must be created at the families.

TRAINING MEDICAL STUDENTS TO PREVENT DISCRIMINATION IN THE HEALTH SYSTEM: AN INNOVATIVE MODEL FROM ROMANIA

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Introduction: Discrimination persists in the health system and affects access to healthcare for vulnerable groups. This has been recognized also by medical students, as shown by a study conducted in Romania by NGO ADIS in 2011, titled "Health and Non-discrimination". This study reveals that medical students don't know how to identify discrimination and are not trained to prevent it.
Objectives: This project aims to increase the knowledge, understanding, acceptance and respect for minorities of Romanian medical students and future health professionals. The goal is to prevent discriminatory attitudes and behavior towards patients belonging to the Roma minority
Methods: ADIS has developed the university course on "Ethics and non-discrimination of vulnerable groups in the health system" and created the necessary conditions for introducing it in the curriculum of three medical universities in Romania (the state universities of Iasi, Cluj-Napoca and Targu Mures). The course provides an introduction to medical ethics, and increases medical students' knowledge on the discrimination issue and the Roma minority.
Results: Three prestigious universities have accepted the ambitious challenge to include a relatively new topic in the training of medical professionals in Romania. Moreover the students recommend the course since it helps them develop the necessary skills for building a prejudice-free relationship with patients belonging to other ethnic groups.
Conclusions: The university course discussed above represents the first initiative of this kind, developed and implemented by an NGO in Romania. The oral presentations presents the plans of ADIS to transform this initiative into a national public policy with the aim to support Roma people's access to health services.

CHILDREN'S SLEEPING HABITS: REALITY IN PRIMARY HEALTH CARE

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Introduction: Sleeping problems are common concerns for parents. It is estimated that up to 25% of children experience some kind of sleep disturbance during childhood.
Objectives: Analysis of children's sleeping habits in the environment of Primary Health Care.
Material and methods: The portuguese version of Children's Sleep Habits Questionnaire (Owens et al, 2000) was applied to a population of children between 5 and 10 years old. The questionnaire was answered by parents, in the setting of routine medical visit in Primary Health Care. Analysis of results.
Results: We obtained 50 questionnaires, with equal sex distribution. Most children are between 5 and 6 years old, and have regular sleeping habits. The most frequent issues at bed time are the need for parental presence to fall asleep and falling asleep in other's bed. Most children take up to 20 minutes to fall asleep. Anxiety associated to sleep is frequent in 18 to 28% of population, and is

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more prevalent in the youngest age group. Parasomnias affect 2 to 28% of children, restless sleep and grinding are the most common behaviours. Sleep disordered breathing affects 18% of children. Most do not show daytime sleepiness and 84% of parents believe their children do not have sleep disturbances.
Conclusions: Parental perception of sleep problems is a valuable instrument in the analysis of children's sleeping habits, however it is subjective. Most detected sleep disturbances can be addressed in Primary Health Care settings, providing an opportunity to early correct these issues and prevent chronic sleep-related problems.

SELF-CARE IN PEOPLE WITH DIABETES

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Enquadramento: A evidência científica atual é unânime quanto à importância da adesão às atividades do autocuidado na pessoa portadora de diabetes por forma a minimizar o aparecimento de complicações.
Objetivos: Avaliar as atividades de autocuidado em pessoas portadoras de diabetes no Centro de Saúde de Ílhavo, Portugal.
Métodos: Estudo descritivo realizado numa amostra de 84 diabéticos, maioritariamente do sexo feminino (52.4%) de 67 anos com o 1º ciclo do ensino básico. Utilizou-se a escala: "Summary of diabets self-care activities" Glasgow, Toobert, Hampson (2000), versão portuguesa Atividades de autocuidado com a diabetes, (Bastos e Lopes, 2004).
Resultados: As dimensões em que os participantes obtiveram melhores cuidados foram a Toma de medicação ($M = 6.92 \pm 0.76$) e os Cuidados ao Pés ($M = 6.41 \pm 1.47$). A pior foi a Atividade Física ($M = 3.47 \pm 2.01$). Os utentes mais velhos têm maior dificuldade em examinar, lavar e secar os pés. Os homens tem hábitos alimentares que evidenciam maior consumo de pão, bebidas alcoólicas, carnes vermelhas e doces. A pessoas portadoras de diabetes com baixa escolaridade apresentam défice de cuidados com os pés, piores resultados na toma correta da medicação e praticam menos atividades físicas. Por sua vez os utentes com melhores habilitações literárias são os que melhores cuidados têm com os pés ($H = 9.528$; $p = .049$) e com a toma correta da medicação ($H = 20.000$; $p = .000$).
Conclusões: Implementar programas de incentivo a uma alimentação saudável, prática de exercício físico e melhoria do nível de literacia, surgem como estratégias promotoras do controlo clínico e epidémico da diabetes.

COMPETITIVENESS AND SUSTAINABILITY: THE NEED OF A NEW ORGANIZATIONAL VISION

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Every organization needs a strategy, no matter if we are referring to an established business, an emerging business enterprise or a non-profit organization. A strategy sets the direction of the organization. It informs not only the priorities, but also the allocation of scarce resources, as well as it establishes orientations to the countless decisions that an organization makes every day (Introduction to Strategy, 2010). Strategy comprises several different sets of considerations such as: the organization's strategic objectives, or goals, the organization's mission and its original purpose and scope. The strategic plan is the way the organization provides, develops and mobilizes internal resources and abilities to reach the strategic objectives. According to the concept of strategic management of the new millennium, the strategies should be global, should address objectively the social and ethical responsibility of the organization, define corporate values and should be inclusive, i.e. to reach all markets. Healthcare organizations also need to be managed this way: to clearly define strategic actions (tangible actions taken to operationalize the strategic plan) and to achieve the organization's strategic goals. Therefore, even non-profit organizations must implement effective analysis, explore the competitive situation, define key issues, acknowledge the critical assumptions and compensation, and suggest recommendations strategically. With this paper we intend to carry out an initial theoretical approach to the competitiveness of healthcare organizations regarding management issues.

THE FAMILY OF THE HOSPITALIZED PATIENT IN PALLIATIVE CARE: FEARS AND EXPECTATIONS

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Introduction: Decree-Law no 52/2012 of September 5th defines palliative care as active, coordinate and global care given to patients in suffering due to incurable or severe disease, either in an advanced or progressive stage, as well as to their families aiming at the promotion of well-being and quality of life.
Objectives: To clarify fears and expectations of the family of the hospitalized patient in a Palliative Care Unit (PCU).
Methods: Exploratory-descriptive study, with a qualitative approach. 13 semi-structured interviews were made, in July 2012, to the relatives of the patients hospitalized in the Palliative Care Unit of the Centro Hospitalar Tondela-Viseu, E.P.E-Portugal.
Outcome: Six dimensions were identified: Feelings; Fears; Expectations; Needs; Positive aspects of the PCU; Aspects to improve. What the patients' relatives feel the most is helplessness/ frustration (61.5%). The hospitalization in the PCU generates fears in the family, such as the fear of pain (38.5%), along with expectations, being the main one the guarantee that the pain of the patient will be relieved (46.2%). Information is the most referred need (30.8%). As positive aspects of the PCU, availability/ monitoring, proper care and pain relief are mentioned. The ratio of available professionals and the access to information are aspects to improve.
Conclusions: Palliative care is a reality most people do not know, since they are not aware of its basis. There is a lack of information and knowledge of the specificities of care in these units and the difference in care when compared to hospitalization in a hospital. If necessary, people do not know to whom they should turn to nor do they know what kind of support is available.

HUMANIZATION OF NURSING CARE IN PEDIATRICS: PARENTS AND NURSES PERCEPTION

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Introduction: Health humanization emerged from the understanding of the human being as a person with the capacity of thinking and decision-making in different contexts.
Objective: To know the opinion of parents and nurses about the humanization of care in a pediatric ward, specifically on the care provided by nurses.
Methods: We conducted an exploratory, descriptive and transversal study. Interviews were conducted with 5 nurses who worked in the Department of Pediatrics Internment and applied questionnaires to 56 parents whose children were hospitalized in the same service. Data

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collection took place between March and May 2011. Quantitative data were statistically analyzed using SPSS and qualitative data were worked through a technique of content analysis.
Results: Nurses focus their speech on three major themes: "Nurses and humanization", "Humanizing is Caring" and "What remains to humanize?". To the interviewed nurses the concept of humanization is very comprehensive and implicit in all the care they provide. Nurses see the child and the family as a whole and, for them, technical care can and should be provided with humanization. The questionnaires analysis show that parents are welcomed in the vast majority by nurses and, in general, are satisfied with the humanized care provided by them. Their discontent is related to service logistic conditions and with visiting hours.
Conclusions: The hospitalized child needs human care and technological support. In addition to the technical and scientific competence it is essential that nurses are aware of aspects as the host, respect the uniqueness and affective involvement in humanized practices, as well as sensitivity, commitment, ethical and cultural respect.

EMPOWERING TO SAVE

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Introduction: The 2012-2016 National Health Plan emphasizes the importance of gains in health "through the alignment around common goals, the integration of sustained efforts from all sectors of society, and the implementation of strategies focused on citizenship, on equality and access, on quality and on healthy policies". Based on the Universidade Católica Portuguesa's mission of "generating and sharing critical, innovative and socially relevant knowledge to the service of integral development of the person and the common good", and considering that the human being is conceptualized as a person who materializes in a health project, taking care of herself, others, things and the surrounding world, arises, the training project in basic life support in secondary schools. This project aims to empower the students for a civic intervention, as health promoting agents, preventing disease and building a healthy society.
Methods: Qualitative/quantitative study, using content analysis and statistic treatment of questionnaires of students in a sample of 10 schools.
Results: Regarding the adressed subject and content, most of the students, consider them very important. They argue that the project motivates and empowers them for a safer intervention for emergency situations. They feel directly involved for being able to save lives, assuming that this responsibility not only belongs to doctors and nurses, but to everyone.
Conclusions: The results higlight the importance of strengthening these intervention projects within the educational community, by empowering the interveners, in a perspective of citizenship and health as integrative concepts in society.

INFLUENCE OF THE SLEEP ON HEALTH, BEHAVIOR AND SCHOOL PERFORMANCE OF STUDENTS OF 2ND AND 3RD CYCLE OF BASIC SCHOOL

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Introduction: Sleep is a vital function, playing a central role in health and quality of life.
Objectives: To determine the quantity and quality of sleep of the students according to their residence milieu, gender and school grade; identify external factors that influence sleep; inquire the influence of sleep quality in physical and emotional health, behavior and learning in students.
Methods: We conducted a transversal study, predominantly quantitative. As an instrument for data collection we construct and validate a questionnaire. The sample included 502 individuals, aged between 9 and 17, 249 females and 253 males. The data were treated statistically, and a descriptive and an inferential analysis were done. We used the Student T test for comparisons between sexes and milieus (rural and urban). Chi-square test was also applied to verify the relation of dependence between several variables.
Results: Students from rural milieu tend to go to bed sooner than those in urban areas ($p < 0.0001$); girls tend to wake up earlier than boys during the week ($p = 0.004$). Across the school levels a progressive reduction in time of sleep was observed. The majority of students have multimedia equipment in the bedroom, which seems to delay the moment to go to the bed. Students with poor sleep hygiene reveal a higher incidence of negative symptoms, a not always appropriate behavior, and feel more difficulties concerning with attention and concentration ($p < 0.0001$), thus leading to a weaker school performance ($p < 0.0001$).
Conclusions: The results reinforce the importance of good sleep hygiene to improve students' personal, social and academic life.

MOTIVATION FOR BREASTFEEDING: SOCIODEMOGRAPHIC, OBSTETRIC AND FAMILY BACKGROUND

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Introduction: The prevalence of breastfeeding after leaving the maternity hospital is high, but it decreases during the first year of life. The father, grandparents and health professionals are important in the motivation for this practice.
Objectives: To identify sociodemographic and professional variables, and family resources that influence breastfeeding motivation. Analyse the influence of obstetric variables on breastfeeding motivation. Identify the relation between breastfeeding history in the previous and current lactation with motivation to breastfeed.
Methods: This is a cross-sectional, descriptive, correlational analysis. The non-probabilistic sample is composed by 271 mothers. The evaluation protocol characterizes the sample in terms of sociodemographic, practitioners, obstetric and experiences of breastfeeding. It also includes the motivation scale for breastfeeding (There, Duarte & Ferreira (2008) and the scale of family resources (Sierra, Firmino, Ramalheira & Canavarro, 1990).
Results: The majority belongs to a nuclear family, are first-time mothers, planned and oversaw their pregnancy, had a vaginal delivery at term, initiated breastfeeding within 30 minutes after birth, did not set breastfeeding schedules and reported difficulties on baby's latching onto the breast. Women who breastfed previously did so for more than 3 months, which was a pleasant experience. Age, marital status and residence area do not influence motivation to breastfeed. Participants with two or more births were more motivated in the cognitive dimension. No relation was found between the variables of previous and current lactation with motivation to breastfeed. Family resources predict motivation.
Conclusions: We suggest the creation of rooms in obstetric services to support nursing women.

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HEALTH-PROMOTING LIFESTYLE PROFILE II: PSYCHOMETRIC PROPERTIES OF THE PORTUGUESE (EUROPEAN) VERSION

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Introduction: Individual lifestyles have emerged as valuable health constructs. Therefore, major efforts have been made towards developing appropriate, valid and reliable instruments for evaluating health promoting lifestyles. The present study validates and assesses the psychometric properties of the Portuguese (European) version of the Health-Promoting Lifestyle Profile II (HPLP-II).
Methods: After performing an adequate linguistic and cultural adaptation of the original HPLP-II scale, we have carried out a cross-sectional and methodological study focused on 300 men and 589 women (27.31 ± 8.86 years). Reliability was assessed by Cronbach's alpha, and construct validity was determined through confirmatory factor analysis (CFA).
Results: The results showed an adequate fit to the data, yielding a 52 items six factor structure (CMIN/DF = 2.980; GFI = .852; CFI = .847; RMR = .04; RMSEA = .048; PNFI = .744; HOELTER 0.1 = 323), whereas, a global alpha of .925 was obtained for the Portuguese version of the HPLP-II scale.
Conclusions: Hence, the Portuguese version of the HPLP-II shows appropriate psychometric characteristics, and can thus be applied to the Portuguese population, as an evaluation tool of health promoting lifestyles and as an instrument for testing the effectiveness of health promotion programs.

EARLY INTERVENTION IN THE DISTRICT OF BRAGA: WHAT KIND OF SUPPORT AND BENEFITS ARE THERE FOR THE FAMILIES SUPPORTED?

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Introduction: The practices suggested by research in the area of Early Intervention, constantly challenge the professionals to develop ecological, transdisciplinary and family centred support (Bailey & Bruder, 2005). In this way, it is necessary to question whether early intervention services apply a family centred approach and also, if they result in benefits to families (Aytch, Cryer, Bailey, Selz, 1999).
Objectives: The purpose of the research in this study is to evaluate the support and benefits of Early Intervention (EI) for the families supported in the District of Braga.
Methods: The methodology used in this research is of quantitative nature, descriptive and inferential and the sample of this study consists of 126 families with children with special needs supported by EI teams, aged between 6 months and 6 years in the district of Braga.
Results: The overall results obtained in this study allow us to conclude that: families acknowledge obtaining benefits through participation in EI and consider receiving support most often, in the several dimensions presented in the questionnaire, from EI professionals. Families with higher academic qualifications feel they receive less support from EI professionals and the support provided by EI professionals positively influence the families' perception regarding the benefits of EI.
Conclusions: The results of this study provide a unique contribution in Portugal to the knowledge about the benefits of EI for families and to the organization and structure of the support in this area.

DECISION-MAKING SATISFACTION IN HEALTH SCALE: INSTRUMENT ADAPTED AND VALIDATED TO PORTUGUESE

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Introduction: Decision-making is an area of health research that has gained importance both for partnership models of care that give prominence to the patient and family, and for growing concern about quality and customer satisfaction with provided care.
Objectives: This study aims to describe the transcultural adaptation and validation into Portuguese (Portugal) of "The Satisfaction with Decision Scale".
Methods: We followed the method advocated in the literature. The analysis of psychometric properties contemplated: analysis of main components, internal consistency, convergent and discriminative validity. The sample consisted of 521 nursing students from the Nursing School.
Results: The obtained data in main components' analysis do not diverge from those of the original version and the results of reliability tests show good internal consistency for the total items. The construct validity proves its singularity.
Conclusions: The instrument shows reliability adequate to the sample analyzed, allowing its use in Portugal. This study is considered to be a contribute to expand knowledge on perception and process of health patients decision-making, being quite useful as complement in research and developing new strategies of sharing decisions in health.

DECISION MAKING CONFLICT IN HEALTH: INSTRUMENT ADAPTED AND VALIDATED TO PORTUGUESE

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Introduction: The different options that are available to patients in health care today involve decision-making process more difficult and can trigger conflict during the same in this regard was our purpose with this study, we have an instrument that enables us.
Objectives: To make the cultural adaptation and to evaluate the psychometric properties of the Portuguese version of the instrument "Decisional Conflict Scale.
Methods: We followed the method advocated in the literature. The sample consisted of 521 nursing students in undergraduate and Master's School of Nursing of Porto.
Results: The results of reliability tests show good internal consistency for the total items (Cronbach's alpha = 0.94).
Conclusions: This instrument seeks information about decision-making taken and the factors influencing the choice decision. The psychometric study allows us to state that the Portuguese version of "Decisional Conflict Scale (DCS)," we call "Escala de Conflitos de decisão em saúde (ECDS)", is a instrument comparable

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with the original Canadian instrument in terms of validity and reliability.

SATISFACTION WITH HEALTH CARE

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Introduction: The health care quality management is a topical issue and increasingly urgent and is viewed as an intrinsic services necessity, since they exist to serve the users. It is therefore essential to meet users needs, expectations and a high degree of satisfaction.
Objectives: Describe the socio-demographic and clinical sample; evaluate the satisfaction with health care services; identify the variables that most influence patient satisfaction.
Methods: This is a quantitative descriptive and cross-related study with a non-probability convenience sample of 52 individuals. The data collection instrument incorporated a form socio-demographic and clinical, the EQ-5D questionnaire for assessing quality of life and IN-PATSAT32 questionnaire to measure the perception of care received.
Results: The health care receivers characterized the quality of life as median (56.56), 44.2% had some problems in walking, 61.5% had pain/discomfort and 50% are moderately anxious/depressed. The satisfaction with health care revealed a significant effect only when crossed with the age groups 60-79 and 80-99. We also noted the existence of a relevant relationship between satisfaction and hospital days. In general individuals in the sample refer less satisfied with the availability and the information provided, contrary to the technical and interpersonal skills. The worst grade item is affordability/access (38.5). In the overall evaluation of health care received, we found a score of 65.4. The professional group of nurses was better scored (68).
Conclusions: The quality of health care means knowing the degree of user satisfaction and sense of well-being of the community in general. Satisfaction with care is a central component in assessing the quality of health care from the user perspective.

SLEEP AND VULNERABILITY TO STRESS IN STUDENTS OF VETERINARY MEDICINE

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Introduction: Several authors (Dias 2012; Vaz Serra, 2011), studied the phenomenon stress, and sleep disturbances. In this investigation, the vulnerability to stress and its consequences in students of the 1st and 2nd years of the Bachelor of Medicine Veterinary (MV) is studied.
Objectives: To evaluate the vulnerability to stress and Sleep changes in students of Bachelor of MV.
Methods: Quantitative approach to assess vulnerability to the stress through 23 QVS Vaz Serra (2008). In this questionnaire, it is considered to be vulnerable to stress when the overall score is ≥ 43, and not vulnerable to stress when < 43. Qualitative approach to analyze sleep disorders in students with vulnerability to stress, through semi-structured interviews. The population was comprised of 109 students who participated voluntarily, and data were collected in March 2013.
Results: Of the analysis and quotation of the questionnaires we obtained the overall score of 37.27. We point out the averages: F1 perfectionism and intolerance to frustration, F5 Dramatization of existence and F6 Subjugation. Of the 109 students, 80 (73.39%) were female and 29 (26.61%) were male. The overall results show that 30 students present the overall score ≥ 23 QVS 43, being 27 female students, and 79 students present value 23 QVS < 43. From the analysis of the interviews emerged the category sleep disorders.
Conclusions: 30 students (27.52%) have values of an overall average score of 49.63, very substantial amount of vulnerability to stress and 79 (72.48%) have no vulnerability to stress. Students vulnerable to stress present quantitative and qualitative changes in sleep namely insomnia of the initial and intermediate type.

WHAT WE RECORD WHEN WE CARE WITH CHILD AND FAMILY? A LEARNING IN PROCESS IN NURSING COURSE

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Introduction: The records of nursing are the means of communication essential for the continuity of care and determinants in individualization and the quality of care to the person, in addition to reporting the outcomes of nursing interventions performed. The nursing practice reflects the competences and responsibilities of the nurse who performs interventions. It is essential that students of the Nursing Course during their academic course recognize the importance of nursing record in its whole dimensions and manage to integrate its purposes and principles.
Objectives: To analyze the outcomes of nursing interventions performed by students and identify the dimensions of autonomous interventions valued by them.
Methods: In an interpretative paradigm a qualitative study using analysis of written phrases with pertinent information that relates the records achieved by students in the care of the child and family was carried out. The study integrated 40 nursing 4th year students (school year 2012/2013), who completed the clinical teaching in pediatrics internment. The data collected was analyzed using content analysis technique.
Results: Obtained as organizing structure the analysis of life activities Model of Nursing by Roper, Logan and Tierney, from which emerged the records that students described as characterizing the outcome of their interventions.
Conclusions: We believe that, through the students' learning process of Nursing Course, the clinical learning achieved in different caring practice contexts constitutes the ideal framework for integration and enhancement which together with the theoretical learning allow the acquisition of competences, inherent in the development of nursing records.

LET'S TALK?! (IN)FORMATION NEEDS OF PARENTS AND CHILDREN ON SEXUALITY

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Introduction: The family is a fundamental context in learning and experience of sexuality.
Objectives: This study aims to compare the training needs of parents and children about sexuality.

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Methods: Based on the "question box" and using the technique of content analysis, we identified the topics on which they would like to get training in order to improve parent-child communication on sexuality.
Results: The sample consisted of 86 parents and 51 students of the 3rd cycle and secondary public school in the Lisbon area. The analysis of their questions was based on the three dimensions of sexuality, having been created subcategories, allowing you to check that: 1. parents and children have more questions on topics related to biological and physical dimension of sexuality, 2. both reveal difficulties in communicating about sexuality, 3. the themes of affective-relational and psychosocial are the least appear in the field of the concerns of parents and children; 4. The sub-categories "Sexually Transmitted Infections and HIV/AIDS" (22%), "Early life sexual" (18.6%), "Difficulties of communication" (18.6%), "Methods contraceptives" (8.1%) and "Condom" (8.1%) appear more frequently as needs and concerns of parents; 5) in the case of children, the sub-categories "Sexually Transmitted Infections and HIV/AIDS" (23.5%), "Top of sexual life" (17.6%), "communication difficulties" (15.7%), "Pregnancy" (11.7%) and "Condom" (9.8%) appear as prevalent in the concerns and interests of young people in relation to training on Sexual Education.
Conclusions: It is important to promote educational strategies which build communication skills between parents and children.

COPING, POSITIVE/NEGATIVE AFFECT, AND ACADEMIC GOAL ATTAINMENT IN FIRST-YEAR STUDENTS FROM ESTSP-IPP

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Introduction: Literature claims that dispositional affect can be an antecedent of important life outcomes, such as experiences of (un)success (Lyubomirsky et al, 2005). In academic contexts, literature supports the relationship between dispositional affect and indicators of goal achievement (Chartier et al, 2011). However, little is known about the processes that might be conducive to this effect.
Objectives: Examining the mediating role of coping in the relationship between dispositional affect and academic goal attainment. Assessing gender differences in terms of coping, dispositional affect and academic goal attainment.
Methods: A cross-sectional study was conducted with 70 students (90% female) attending health technical courses in Portugal. Assessment protocol included the Brief-Cope (Carver, 1997), the Positive and Negative Affect Schedule (Watson et al, 1988), and the School Achievement Goal Scale (Gaudreau & Thompson, in press).
Results: Indirect effects were tested using a bootstrapping resampling approach. Humor as a coping strategy mediated the relationship between positive affect and goal attainment; self-distraction coping mediated the relationship between negative affect and goal attainment. Significant gender differences were found only for emotional support as a coping strategy and for mastery dimension of goal attainment.
Conclusions: In accordance with recent literature, In accordance with recent literature, this study shows that specific coping strategies (humor and self-distraction) have an important role explaining the relationship between dispositional affect and academic goal attainment in polytechnic students attending health courses. Health education policies should focus on coping strategies that promote higher academic achievements.

SELF-CONCEPT AND ACUTE CORONARY SYNDROME: 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 a faster rehabilitation.
Objectives: This study aims to related self concept in patients with acute coronary syndrome with the sociodemographics and sociofamiliar characteristics.
Methods: This is a quantitative correlationl-descriptive and transversal study im whith 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 ± 10.51 years; 75% maried, $60.4 < 5$ reformed, 54.2% complete elementary school, 53.5% reside in villages; 36.5% reported having some finacial difficulties.
Results: We found that women's have better self-concept ($p = 0.817$). Global value of sel-concept: 18.61% finacial situation ($p = 0.001$); familiar funcionality ($r = 0.424$, $r2 = 0.180$, $t = 2.190$, $p = 0.031$)
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 psycological factors, particulary the self concept. Thus, it facilitates a completed and effective rehabilitation of persons with acute coronary syndrome.

PARENTAL STRESS AND SOCIAL SUPPORT FOR FAMILIES OF CHILDREN WITH SPECIAL EDUCATION NEEDS

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Introduction: The research on the functions of social support for families of children with special education needs has been sustain that this construct influences different dimensions of parental functioning.
Objectives: This study is in the context of the inclusive paradigm and aims: i) to compare groups of parents of children with and without special education needs, with regard to the variables social support and parental stress; ii) understand the relationships between stress and social support variables; iii) to analyze the predictive dimension of social support on parental stress.
Methods: This is a non-experimental and cross-correlated study with a non probabilistic convenience sample of 301 parents or caregivers. Data were collected in groups of schools and institutions of support for disabled children on the district of Viseu. The gathering instruments were the Parental Stress Index (Adidin & Santos, 2003), the Social Support Questionnaire - short version (Pinheiro & Ferreira, 2001); Parental Questionnaire (sociodemographic, family and school data).
Results: Both groups of parents show significant differences in all total and partial evaluations of parental stress and partly on social support (satisfaction with support), but not in the availability of

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social networking. Regression analysis for parental stress enhances the predictive value of social support, behaviour problems and family problems.
Conclusions: Social support arises as a variable that has significant relationships with parental stress, emerging with a strong predictive power. This line of research should be continued in order to analyze the role of social support as mediator variable of parental stress and well-being in families of children with Special Education Needs (SEN).

EMOTIONAL IMPACT OF SUDDEN PAEDIATRIC DEATH IN NURSES

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Introduction: Sudden death is a traumatic event in the professional life of nurses capable of causing emotional changes and comprises a set of events that nurses in the emergency department and in paediatric intensive care are subject to and that can enhance the Secondary Traumatic Stress Syndrome. STSS it's an empathic response to the suffering of others, defined by symptoms and emotional reactions similar to Post Traumatic Stress Syndrome. The aim of this study was to explore the impact of sudden death in nurses working in the emergency department and in the pediatric intensive care unit.
Methods: The Impact of Event Scale-revised (Weiss, Marmar 1997; Translation and adaptation**:** Matos, M. & Pinto-Gouveia, J. 2006) and a sociodemographic questionnaire was administrated to 62nurses of pediatric emergency departments and intensive care from two central hospitals in Funchal and Porto. Since the instrument has not been used before with nurses we first examined its psychometric properties by calculating Cronbach's alpha. The result was very good -−0.948.
Results: The participants' average age was 35.68 years and the sample was mainly constituted by women (83.9%). The average work experience was 13 years. 37.1% (n = 23) of the respondents have had more than 10 experiences of sudden death, 33.9% (n = 21) happened over a year. In relation to the results in the EIA-R subscales, intrusion obtained the highest score (M = 10.91).
Conclusions: High levels of intrusion reveal that the emotional impact of the sudden death of children or adolescents is translated by the presence of uncontrollable thoughts and feelings about the event. This study is part of a wider research and will be complemented with semi-structured interviews, hoping to get a deeper understanding of the phenomenon.

LIFE, LOVE AND FRIENDSHIP AS HUMAN VALUES: CONTRIBUTION AND ASSERTIVENESS OF BIODYNAMIC VITAL EQUATION

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Introduction: This work becomes worthwhile because once again remind the noble values that characterize the human being, how it evolves in its construct, the limitations thereof and recalls the necessary assertiveness of the project life is offered and the complexity of its dynamics.
Objectives: This study aims to contribute to the conceptual learning and renewal of our values and a continuously symbiotic in time.
Methods: Closer to reality by modeling.
Results: Assigning a numerical value to each unit of human behavior, we obtain with Equation Vital Biodynamic an activity profile/performance that matches our lifetimes. This allows us to stratify, measure and compare and even anticipating our journey of existence from birth to death.
Conclusions: The devaluation of our behavior/activity/performance, by decoupling the resoluteness of the values and increased complexity of these can be fatal to the stability of human life. The preservation of the human genome is essential for the stability of our species and key to its continued existence.

HEALTH AND HUMAN RIGHTS: THE EMERGENCE OF NATURAL POLICY EXPERIMENTS

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Introduction: Human rights are basic freedoms and rights that should be bestowed upon all people worldwide. A particular focus has been placed on vulnerable groups (e.g. women and children). Although in Western Europe and the USA human rights are respected, variation exists worldwide in the manner to which human rights are upheld by government.
State of the Art: Research is starting to emerge in the form of natural policy experiments that examines aspects of health and human rights using an international comparative perspective. Most natural policy experiments are based on aggregate population health figures such as infant mortality rate. Studies using sophisticated multi-level methods joining micro- and macro-level data are emerging. Much can be gained from these studies, especially in the field of child health, as they are the driving force behind understanding the extent in which policies work.
Practical implications: Policies vary substantially across Europe and comparative data is easily accessible. In our quest to develop more natural policy experiments we should not overlook emerging societies, since many of these countries have distinct systems and show favorable population health rates. To fully capitalize on this type of research more large global comparative population heath surveys need development, measuring health of adults and children.
Conclusions: Empirical natural policy experiments connecting health to human rights are not often completed in social epidemiology literature. Few studies empirically study this topic using large scale micro- and macro-level datasets. Natural policy experiments provide a new dimension to the health and human rights field. Global studies may enrich our knowledge. For further development more large datasets are needed.

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PARALLEL SESSIONS: POSTERS

I[st] World Congress of Children and Youth Health Behaviors / 4[th] National Congress on Health Education

Viseu-Portugal, 23-25 May 2013

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 breast-feeding 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 breast-feeding 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

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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 (≥ 90 percentile waist circumference) and the presence of two or more other components of the syndrome (triglycerides ≥ 150 mg/dL, HDL cholesterol < 40 mg/dL, blood pressure ≥ 130/85 mm Hg, plasma glucose ≥ 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.

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STUDENT'S KNOWLEDGE ABOUT LOVE AND VIOLENCE N 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 "Netwoks 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 significative difference using Mann-Whitney ($p = .020$) in age group analysis (10-21 vs 22-57 years) with higher results for yougsters in sweeteners sub-scale when compared with adults (19.98 ± 4.76 vs 17.69 ± 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

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dimensions considered in an age-friendly city (WHO, 2007). Viseu is a city with an elderly population of 18.661 and an aging indez 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 ≥ 55 (73.79, ± 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 whic
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

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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 pursuits the biopsycosocial 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 childs 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 hyppotherapy where the horse act like an kinesiotherapeuthic 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 hyppotherapy program in the therapeuthic and educational context is a coadjutant in the biopsycosocial 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 stimulion 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 = 0683). 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%) (X2 = 31.22; p = 0.000) and in 5 years old children (39.5%) and low weight in 4 years old (14.0%) (X2 = 101,301, p = 0.000). Nutritional status proved to be dependent on family income (X2 = 17.725; p = 0.007), with children from low-income families the ones that exhibit more overweight and independ 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.

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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.

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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, antecipates 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 ∑ = 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 pregnants, 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 knowm 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 alchool. 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%t, 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^2) higher than in rural areas (p = 0.002). In men the mean values of

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BMI in the city in the group of 15-20 years were higher in 0.76 kg/m^2 (p = 0.034)) compared with the group of 21-29 years, and less for rural men (1.24 kg/m^2 (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^2, 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 reveled: hyperglobulinemia 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, psycological 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 analisis 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 diminuish 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

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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 5º 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.

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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 ± 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 adolescens and adolescents in S. Korea, Hungary, and Chile.
Methods: A survey assessing social norm perceptions about smoking was administered to 2516 Chiang Mai, Thailad 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 there 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 smokiing 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.

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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 (r2 = 0.22), and sit-and-reach in ages from 17 to 18 years (r2 = 0.43). Changes in BF% were related to push-ups in ages from 12 to 13 years (r2 = 0.11), shuttle-test in ages from 14 to 16 years (r2 = 0.43), and curl-ups in ages from 17 to 18 years (r2 = 0.41). Changes in WC were related to curl-ups, shuttle-test and shoulder-stretch in ages from 17 to 18 years (r2 = 0.46), and ages from 14 to 16 years (r2 = 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 socials 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 ≥ 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

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of interest in sex, vaginal dryness, satisfaction and pain. The measurement of these symptoms, provides evidence-based approach and permitecomparação 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: MenopauseRating 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 reveled 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

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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, Xmax. = 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, Xmax. = 30.00), moving in the same respect to instrumentality (M = 20.53, Sd = 3.15, Xmax. = 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 α 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 Portugueses 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 Clinica Geral" and RCAAP. No time limit. Subject headings: Gravid* AND sex*; Inclusion criteria: primary studies; Portugueses 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 relevancein 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.

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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 was15y, 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

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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 expectances and experience, as well as allcohol consumption (Sarov, 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 initiatioin 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 Heath 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

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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 desviation 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° was identified risk sexual behaviors and condom use in 457 men — 15-29 years; 2° 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 then 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.

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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 explaines 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. Acording self-reported alcohol use 120 non-dirnking (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

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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 acess 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

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(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.

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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 e valuation 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. Furtheremore, 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

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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 assocition 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 (≤ 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 (≤ 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 circumstance 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 ± 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 ± 162 min/day in SB, while girls an average of 200 ± 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 ± 94 min/day, girls = 103 ± 87 min/day), without significant differences ($t(776) = -0.656$, $p = 0.512$). The time spent on the computer was higher for boys (84 ± 84 min/day) than for girls (72 ± 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 ± 91 vs. 32 ± 55 min/day) ($t(665.418) = 8.121$, $p < 0.001$). In average boys (24 ± 28 min/day) spent more time in PA than girls (13 ± 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.

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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 ± 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 ± 1.4 hours in PA and girls spent 1.8 ± 1.2 hours ($p = 0.589$). Boys spent significantly more time than girls (8.1 ± 3.9 vs. 7 ± 3.4 h) ($p = 0.001$) in SB. Watching TV was the SB that the both genders spent more time on (boys = 2.8 ± 1.7, girls = 2.9 ± 1.7). Boys spent an average time of 2.6 ± 1.7 hours using the computer and girls spent an average time of 2.4 ± 1.6 hours. Time spent playing videogames presented higher differences between genders. The boys average time playing videogames was 2.6 ± 1.8 hours and the girls average time was 1.6 ± 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 ± 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 ± 154.8 min/day in STB and differences between genders were found significant (232.9 ± 162.3 boys; 199.5 ± 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.

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Methods: A total of 1069 children and adolescents (534 boys, 535 girls), aged 10-19 years old (12.8 ± 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 strenght (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 ± 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/m2 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/m2 of BMI)]. CG just performed the physical education classes. The analysis of body composition and physical fitness was assessed by

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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 0000) 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.

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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 Graffar 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.

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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 using 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

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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

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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 CIRCUNFERENCE 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.

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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 operatory 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 altered 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

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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 psiquiatric 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 enlight 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 dissimination 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 tabacco 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 Tabacco 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 cigarrete 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 diference 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.

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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 A*pathy*. 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 (± 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" (α = .89). The test-retest correlation coefficient was high, positive and significant (.58; p < .001). Following the Kaiser and the Cattel'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%; α = .89), Positive refocusing (15.59%; α = .86), Rumination (6.45%; α = .78), Blamming others (4.92%; α = .79), Putting into perspective (4.11%; α = .80), Self-blame (3.71%; α = .76), Acceptance and Catastrophizing (3.25%; α = .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 (± 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" (α = .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 Cattel'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%; α = .90) and F2 (EV = 10.48%; α = .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 trader 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

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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 needs 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 coordenation 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 healt and wellness. Is a problem of ethic and humam 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, hyperactivacting 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.

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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 trough 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

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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 dishinibition 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 wich 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,

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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,

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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 sociodemograhic 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

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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 ± 3.0 years, BMI = 17.1 ± 2.2 Kg/m^2), and AG ($n = 36$, 9.7 ± 2.1 years, BMI = 16.9 ± 2.4 Kg/m^2) 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.

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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 thepopulation 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 foccused 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. Autors 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 DISTRIC 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%.

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This district lengths 6608 Km^2 and has a population of 136,252, corresponding to a population density of 21 inhabitants per km^2. 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 eople living exclusivily 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 psycoeducational 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 socidemographic 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.

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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 concernes 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 essencial 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 ± 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 significative 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

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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 benficial 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 anda 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 whith 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 ± 10.51 years; 75% maried, $60.4 < 5$ reformed, 54.2% complete elementary school, 53.5% reside in villages; 36.5% reported having some finacial difficulties.
Results: We found that women's have better self-concept ($p = 0.817$). Global value of sel-concept: 18.61% finacial situation ($p = 0.001$); familiar funcionality ($r = 0.424$, $r2 = 0.180$, $t = 2.190$, $p = 0.031$).
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 psycological factors, particulary 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.

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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 instituition 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.

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STUDY OF PHENOTYPIC FRAILTY 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^2) 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 antecipated. 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),

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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 ajusted 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 acording 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 disabilitites; 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 Heath 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.

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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 & Guedeney, 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°C, being registered a average temperature of 58.45 ± 7.57 (°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 agressive 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) (Canavarro, 1995) for parental psychopathological

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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 characteris in female adolescents with regular alcohol consumpion.
Methods: This is a cross-sectional study with a non-probability convenience sample of 903 students attending high schools in Stara Zagora, Bulgaria. Acording self-reported alcohol consumpion 159 non-dirnking (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 significanly 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 descirbed 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 JIQUIRIÇA-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.

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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 stereotyped 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

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only 4 (8%) materials did not informs 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 (≤ 3), medium (4-7) and high (≥ 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 atributes 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

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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.
Acknowledgments: The Portuguese Foundation for Science and Technology (FCT) through the project PEst-OE/CED/UI4016/2011, and the Center for Studies in Education, Technologies and Health (CI&DETS).

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.
This work is being supported by the Portuguese Science Foundation (Fundação para a Ciência e a Tecnologia) through individual research grant (SFRH/BD/90236/2012) co-financed by the European Social Fund and Portuguese National Funds from MCTES.

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 concers. However, in certain circunstances, 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

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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 Packsage 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 CO2 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 CO2 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.

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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 clinical 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^2) 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^2 (p = 0.034)) compared with the group of 21-29 years, and less for rural men (1.24 kg/m^2 (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" CO2 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.

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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 dyspneia 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

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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.

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(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

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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 adolescentes 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.

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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 ill 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.

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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, polymedication, 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.

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PARALLEL SESSIONS: WORKSHOPS

I[st] World Congress of Children and Youth Health Behaviors / 4[th] National Congress on Health Education

Viseu-Portugal, 23-25 May 2013

WORKSHOP 1: TO LIVE/EXPERIMENT YOGA SEARCHING FOR A HEALTHIER LIFE

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The participants, while taking part in several yoga exercises, will have the opportunity to experience some of the benefits associated to this kind of therapy and deeply think about the importance of them, in order to improve the quality of their physical and mental life. It will be also possible to understand how practicing yoga provides more health and joy to their everyday life.
General objectives: To present a holistic proposal of health, sustained in the foundation of yoga; expressing the benefits of yoga, in general, and some techniques (physical postures, respiratory and focusing techniques), in particular; to instigate the thought concerning the relevancy of practicing yoga and its applicability in the participant's every day, aiming a healthier, more accomplished and happier life.

WORKSHOP 2: AT THE TURN OF THE PAGE-WORKING SEXUAL EDUCATION THROUGH JUVENILE LITERATURE

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We aim to contribute so that the educators and teachers understand the importance and need to develop deliberate works concerning sexual education at school, since childhood. We aim to provide sensibility to the fact that, in this manner, they are contributing to the children's growth with a less prejudice perception, more positive and kind of this utterly important and beautiful human dimension which is sexuality.
Objectives: To clarify whatever it is the development of deliberate works of sexual education with children; to demystify the deliberate work of sexual education in childhood; to offer some theoretical and practical subvention in order that the participants unfold this work in a safer, more effective and peaceful way.

WORKSHOP 3: SEXUAL EDUCATION AT SCHOOL: MANUAL FOR TEACHERS AND EDUCATORS-2ND CYCLE OF BASIC TEACHING-IMPLEMENTATION PROPOSAL

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School plays a leading part in the integral training of young people, and this is why it cannot grow apart the sexual education thematic-young people's need and right. Therefore, the concern of the educator will also regard compiling manuals, so that in this workshop the book "sexual education at school" will be processed and presented, with an essentially practical nature where it will be aimed to help and capacitate the participants to an efficient implementation of sexual education in school context.
Objectives: To understand the concept of sexual education and its importance in the school context; to develop skills to plan and implement activities in this area; to know new proposals concerning sexual education activities; and promote thought and sharing of doubts and concerns associated to the intervention in this area.

WORKSHOP 4: ALCOHOL BRIEF INTERVENTIONS: WHAT AND WHY?

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Excessive alcohol consumption is a major source of social, economic and health problems. An alcohol brief intervention (ABI) is a

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short, structured conversation about alcohol consumption with an individual, in a non-confrontational way, to motivate and support the individual to think about and/or plan a change in their drinking behaviour in order to reduce their alcohol consumption and/or their risk of harm. Alcohol Brief interventions (BI) are low in cost and have proven to be effective across the spectrum of alcohol problems. There have been numerous randomized clinical trials of brief interventions in a variety of health settings, finding that BI were often as effective as more extensive treatments (Bien et al, 1993; Kahan et al, 1995; Wilk et al, 1997; Babor and Higgins-Biddle, 2001; Kaner et al, 2007). Despite the evidence for their usefulness, however, brief interventions for alcohol-related problems have not yet been widely implemented in Portugal primary care settings. The purpose of this course is to raise awareness for the prevention of alcohol problems, identify the difficulties in the clinical setting and provide intervention protocols with ABI.
Objectives: understanding what an ABI is, the evidence base; exploring barriers to delivering brief interventions; updating knowledge of drinking guidelines and how to calculate units of alcohol; updating knowledge of local and national services individuals can be referred; practicing techniques to develop confidence in delivering a brief intervention including how to: - open a conversation about alcohol with the individual and use appropriate screening tools to assess risk and feedback relevant information to individuals about the potential effects of drinking on their health and wellbeing, close the conversation and how to signpost or refer individuals on to other services, if appropriate.

WORKSHOP 5: REFINING WEIGHTS AND MEASURES-ANTHROPOMETRY IN CHILDREN AND TEENAGERS

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The growth pattern and the nutritional status are considered to be important children's and teenagers' health indicators, being anthropometry the best method to evaluate its process of body growth and of characterization of its nutritional status, being used in clinical practice and epidemiologic studies, even of great dimension. A correct anthropometric evaluation and interpretation of the values implicates the use of methodologies, equipments and measuring techniques with very high strictness and internationally accepted, and a proper preparation of healthcare professionals or others who claim to be evaluators. Taking this into consideration, the growth patterns of the child from 0-18 years old will be approached based on the biological determinants and environmental factors; methodologies, human techniques and requirements, national and internationally recommended anthropometric evaluation environmental and materials will be discussed; the interpretation of the measuring values based on the three reference models made public nowadays will be discussed; the perception of the nutritional status of the child through active methodologies of participation will be critically analyzed.
Objectives: To deeply think about children's and teenagers' growth pattern and about the importance of anthropometry in the evaluation of growth, nutritional status and diagnostics of children's and teenagers' over weight; debate correct methodologies and techniques of evaluation of the anthropometric measures (weight, height, perimeters); analyze the reference criteria (IOTF, OMS, CDC) classify the nutritional status; and train skills concerning evaluation and classification of the nutritional status.

WORKSHOP 6: THE NEURO-BEHAVIOUR OF THE NEWBORN-TO EVALUATE AND POTENTIATE

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This workshop aims to familiarize the healthcare professionals, especially nurses, in using the neuro-behavioural evaluation of the newborn as a tool in the excellence care, integrated in a relational model of cares, touch points. The demonstration of the evaluation, the identification of development potentiating areas in process will be developed along with the parents.
Objectives: To describe the neuro-behaviour of the newborn; demonstrate the form of evaluation; and identify the potentiating areas.

WORKSHOP 7: PROMOTION OF CHILDREN'S AND JUVENILE ORAL HEALTH

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It is aimed to develop basic prevention concepts in Oral Health in individuals and in school areas and develop experiences about education and promotion of health in the context of oral health. Taking into consideration that the oral pathology highly prevails throughout life, is highly chronic and may have a significant impact in the quality of life related to health, the acknowledgment of the distinct clinical characteristics and respective methods of primary prevention may be translated in a positive community aspect that rarely is available in terms outside the scope of dental medicine.
Objectives: To identify the main risk factors, develop intervention strategies individually and of the community in prevention of oral health; and train other agents of promotion in oral health in a multi-disciplinary and holistic perspective.

WORKSHOP 8: FAMILY HEALTH NURSING IN PORTUGAL - WHAT CHALLENGES?

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The Workshop intend to contribute for the development of Family Health Nursing in Portugal, promoting the debate about implementation and consolidation strategies of the specialized care provided in family health nursing and will be supported by presentations on creation process and development of this new nursing speciality: From concepts to family health nursing framework in Primary Health Care; From publication of the Regulation of Specific Skills of the Nursing Specialist in Family Health to the adoption of the Dynamic Model of Family Assessment and Intervention as a theoretical and operative reference in family health nursing; Implementation of the research project: Dynamic Model of Family Assessment and Intervention (MDAIF): an transformative action in primary health

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care-new practices in family health nursing; Family nurse care model: what challenges?
Objectives: To frame family health nursing on the theoretical developments, on research nursing care practice directed to families as care units; To describe national and international policies that sustained the development of Primary Health Care and family health nursing in particular; To systematize the regulation about the Nursing Specialist in Family Health career, regarding: Skills profile; Training program; Quality standards; To present MDAIF' main components as a reference in family health nursing and to present implementation experiences; To critically think about development strategies in family health nursing, considering MDAIF care model.

WORKSHOP 9: CAN YOUR COUNTRY MAKE YOU SICK? USING MULTI-LEVEL METHODS TO COMPLETE NATURAL EXPERIMENTS TO HELP UNDERSTAND THE INFLUENCE OF SOCIAL POLICIES ON POPULATION HEALTH FROM A HEALTH AND HUMAN RIGHTS PERSPECTIVE

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The determinants of health are multiple, interactive, layered, personal, collective and complex. In addition, these determinants are not restricted to national borders. There is, however, a glaring paucity of research into the collective or macro-determinants of health, in particular, the political and policy context of health and disease. In this workshop we will review the current literature in this field from a health and human rights perspective. A discussion will take place that addresses: 1. the available datasets that can be used to carry out such research, 2. the appropriate methodological approach that researchers should take and 3. explicit examples of current research will be given and discussed including a step-by-step instruction of how to complete multi-level analysis. In closing we will address important issues where policy makers should place their attention and speak about challenges in the field and suggestions for future research. The main goals of the workshop are to ensure that participants: Gain insight with the extent to which country characteristics can influence population health; Identify how health and human rights are empirically connected; Become familiar with multi-level modeling; Identify the value of natural policy experiments; Provide awareness to policy makers on current global health concerns relating to the impact of place on health.

WORKSHOP 10: SUICIDAL BEHAVIOR PREVENTION IN SCHOOL

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On the Workshop it will be use diverse methodologies and group dynamics promoters of knowledge integration and sharing of experiences. The various dynamics will focus on the myths about suicide, suicidal behavior differentiation, viewing of selected scenes from the movie (The Bridge) followed by debate, discussion of cases and presentation of the School-Based Suicidal Behavior Prevention Project+Contigo.
Objectives: Contribute to increasing literacy about depression and suicidal behavior; Raise awareness about suicidal behaviors in adolescents among health providers and school staff; and Reflect on prevention and intervention strategies in school context.

WORKSHOP 11: SOCIAL ADVENTURE AND HEALTH-DISCLOSURE OF STUDIES

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The Social Adventure and Health project began in 1987 and since then has been developing several investigations in the scope of the promotion of health and social behavior. Amongst the several projects developed by the team, it is presented in this workshop the results of the most recent studies, namely the Health Behaviour in School-aged Children (HBSC/OMS) study, which intends to understand the health behaviours of adolescents in school age, their life styles and the social contexts; the KIDSCREEN study developed in 2006 and 2012 through the Social Adventure project team; - The HBSC/SSREU study which is an extension to the HBSC/OMS study and was developed for the first time in Portugal through the Social Adventure team; - The Online Study of Young People's Sexuality (OSYS) which is an extension of the HBSC/OMS study and was developed for the first time in Portugal through the Social Adventure team; - The Social Adventure study in CED, developed in the Educational Centre Nossa Senhora da Conceição of Lisbon's Casa Pia, with students from 3-18 years old, teachers, educators and families; - The TEMPEST- Temptations to Eat Moderated by Personal and Environmental Self-regulatory Tools study is an international project of which Portugal is a part through the Social Adventure team; - The RICHE - Research into Child Health in Europe study, in which about 20 European countries participated, amongst them Portugal, through the Social Adventure team.
Objectives: This Workshop aims the disclosure and dissemination of the main investigations and projects developed by the Social Adventure team, allowing to share experiences and practical knowledge in the developing of national and international projects in the area of health behaviours, allowing the access to materials of scientific support in the development of empiric and monitoring studies available on the link: http://aventurasocial.com/publicacoes.php

WORKSHOP 12: EXERCISE PRESCRIPTION: GUIDELINES FOR HEALTH PROMOTION AND TREATMENT OF MAJOR CHRONIC NON-COMMUNICABLE DISEASES

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The importance of practicing sports leads us to centre the intervention in this workshop on the approach to the parameters of the prescription of physical exercise: type, way, frequency, duration, intensity and progression; Analysis of the recommendations to physical exercise to the promotion of public health in children, young people, adults and elderly people; Analysis of the recommendations to physical exercise to the treatment and control of overweight/obesity, type 2 diabetes, hypertension; cardiovascular atherosclerotic disease,

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osteoporosis and cancer; Critical analysis of the international recommendations and their suitability to the Portuguese reality; Discussions of Clinical Cases in the scope of the prescription of physical exercise.

Objectives: To allow the participants to master the parameters and basic concepts in the prescription of physical exercise; To know how to use the recommendations of the prescription of physical exercise to the promotion of public health throughout the whole life cycle; To know how to adapt the recommendations of physical exercise to the treatment of the main chronic non-transmitted diseases: overweight/obesity, type 2 diabetes, hypertension; cardiovascular atherosclerotic disease, osteoporosis and cancer; To acknowledge and control risks associated to physical exercise.