

# ABSTRACT BOOK

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Edited by: Zafer Bekirogullari, Melis Y. Minas

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**4<sup>th</sup> icH&Hpsy 2018**  
**Abstract Book**

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# 4<sup>th</sup> icH&Hpsy Chairs' Message

Dear Colleagues,

We are delighted to welcome you to the 4th International Conference on Health and Health Psychology that will be held in IPV - Escola Superior de Saúde de Viseu - ESSV / PORTUGAL on 04-06 July, 2018.

We would like to invite professionals, researchers, clinicians, academicians and students to participate in our conference sharing scientific work and expertise. Future Academy will organize an outstanding low cost event, which consists only of virtual poster presentation, where participants will not have travel and hotel accommodation expenses but they will have a high quality conference.

The 4th International Conference on Health and Health Psychology will be a target moment to update knowledge and experience on the latest developments in breakthroughs in health and health psychology. Presentations on the following topics are welcome but not limited to: Tele-health, tele-medicine, tele-psychology, tele-nursing, health professionals-patients communications, health promotion and well-being, quality and safety in health care, behavioural medicine, context and perspectives in health and health psychology, epidemiological issues of health and illness, biological mechanisms of health and disease, health-related cognitions and behaviour, stress, health and illness, chronic illness and disability, individual differences in health and illness, lifespan, gender and cross-cultural perspectives, long-term conditions and disability, applications of health psychology, professional issues working in the health sector.

Furthermore, we invite authors to publish their full text conference papers in EpSBS European Proceedings - Social and Behavioural Sciences eISSN: 2357-1330, in EJSBS The European Journal of Social & Behavioural Sciences eISSN: 2301-2358 and in C-crcs Volume Book eISSN: 2301-2358 and we proudly inform that previous scientific papers of the European Proceedings of Social and Behavioural Sciences have been indexed in ISI Thomson Reuters. Abstracts of all papers will be published in the Conference Abstract Book.

We look forward to receiving your abstract submission for the icH&Hpsy 2018.

**PhD Carlos Pereira**, (MD, PhD, Professor e Investigador)

IPV - Escola Superior de Saúde de Viseu

Chair of the 2018 International Conference on Health and Health Psychology

**Prof Dr Carlos Albuquerque**, (MD, PhD, Professor e Investigador)

IPV - Escola Superior de Saúde de Viseu

Honorary Chair of the 2018 International Conference on Health and Health Psychology



## 4<sup>th</sup> icH&Hpsy 2018 Editorial Board & Organization Team

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# Social Assistive Robots Can Promote A More Active Ageing? A Methodological Approach To Evaluate The Elderly-Robot Interactions

Cristina Maria Gonçalves Pereira, Paulo Gonçalves, Maria João Guardado Moreira, *Vítor Manuel Barreiros Pinheira\**, Simão Silva

*\*Assistant Professor Dr, Polytechnic Institute of Castelo Branco / Age.Comm, Portugal*

The relevance in the study of interaction between elderly and robots may depend on the choice of activities that robots can developed and how important it is for older people, a task that requires coordinated research between computer engineers and specialists in the humanities and social sciences. Being a recent research area it is particularly relevant to select carefully the behavioral variables analyzed, the methodology adopted and the instruments that allow rigorous evaluation. Purpose of the Study; (a) develop innovative initiatives for the promotion of active aging in the EUROACE Region; (b) propose a methodological strategy to evaluate activities performed by robots with older people; - Select some social, cognitive and physical activities to be developed by a socially assisted robot. The methodology of the study is mixed (qualitative and quantitative), being organized as an exploratory case study. Data collection is based on naturalistic observation but variables are quantitatively assessed in a pre/post-test design. 31 elderly residents (10 men and 21 women) in a Portuguese nursing home were interviewed about their routines and interests. They were also assessed during 6 weeks, to evaluate interactions and activities initiative and involvement, using a scale adapted by authors from a Bertram and Pascal scale. This assessment was made by direct observation. The professionals and the director in the nursing home were also interviewed. The first implementation phase of the project identified: - The routine activities organized by the technicians of the institution; - The activities in which each individual participates on its own initiative; - The interests and suggestions of other activities the elderly would like to participate in interaction with an social assistive robot. - The levels of prevailing social interactions, involvement and initiative in activities obtained of each elderly. Although it was possible to identify the sample is heterogeneous in terms of the parameters evaluated, the results reinforce the need for mobilizing intervention of higher levels of activity in more than 50% of individuals, responding to the interests of the elderly. Based on these results, some social, cognitive and physical activities were selected to be developed by a socially assisted robot. the evaluation process used in this study will be used to evaluate the results of the intervention with a robot in social assistive domains, developed in a European Project INTERREG (EUROAGE).

**Keywords:** Social-assitive robots, active ageing, methodology evaluation, social interactions, initiative, involvement.

# Relations Between Mobility, Physical Activity Levels, Strength, Depression, Cognitive State And Health State In Elder People

*Vitor Pinheira\**, Daniela Alves, Marília Pires

*\* Assistant Professor Dr, Polytechnic Institute of Castelo Branco / Age.Comm, Portugal*

All the restrictions and negative effects related to aging may lead to changes in functional ability, resulting in a set of functional limitations and fragilities with consequent loss of mobility and autonomy, as well as a diminishing quality of life and a major probability of increasing health problems. To identify which measures are best related with depression, cognitive state and health. Descriptive, cross-sectional and correlational study. The sample ( $n=118$ ;  $79.5\pm 7.8$  years old), was evaluated with the Mini-Mental State Examination (MMSE), the Geriatric Depression Scale (GDS), the 12-Item Short Form Health Survey (SF-12), the International Physical Activity Questionnaire (IPAQ), the Timed Up and Go (TUG) and the Hand Grip Strength (HGS). The results concluded that TUG is the measure instrument that presents a best correlational coefficient with depression, cognitive state and health status (both in physical and mental dimensions). Therefore, through TUG's performance (a simple test for functional mobility it's possible to collect information about the needs of cognitive and health status evaluation, in accordance to the obtained results. The application of simple and easy measures like TUG revealed to have good correlation levels with depression, cognitive state and health, allowing a faster global evaluation with a good ability to identify individuals with more needs.

**Keywords:** Aging, depression, cognitive state, health status, strength and mobility, physical activity.



# Effect Of Nintendo Wii Programme In Dual-Task Performance In Older Adults

*Vitor Pinheira\**, António Coutinho, Abel Rodrigues, Catarina Leitão, Ana Monteiro, Elsa Henriques

*\* Assistant Professor Dr, Polytechnic Institute of Castelo Branco / Age.Comm, Portugal*

A sedentary lifestyle has a strong impact on the elder population, so participation in physical activity is important for physical and mental function, increasing the health and well-being. In elderly the dual-task activities are severely impaired and that's why Nintendo Wii may be an important tool that allows the practice of exercise through dual-task. Determine the effect of Nintendo Wii training on dual-task performance, cognition, balance confidence in activities of daily life, health status and instrumental performances of activities daily life in older adults. 18 participants aged  $75.17 \pm 8.86$  years (all women, retired and living in their own residence). The Wii training included a 15-minute exercise session, using WiiFit, twice a week for 8 weeks. The group was measured before and after the intervention, and in 3 and 6 months follow-up. Social demographic factors were assessed and also cognition, general health status, confidence in balance, performance of instrumental activities of daily life, dual and multi-task performances was assessed at all evaluation moments. Results showed improvement on mental component of health status ( $P=.009$ ) and experimental protocol ( $P=.013$ ) between  $T_0$  and  $T_1$ . In follow-up there was a significant improvement in mental health status ( $P=.023$ ). From the baseline to final program, participants showed a statistical significance improvement in mental component of health status ( $P=.044$ ) and in an experimental dual-task protocol ( $P=.021$ ). Nintendo Wii Fit training program resulted in significantly improvement of dual and multi-task performances among older adults in a Portuguese small community.

**Keywords:** Nintendo Wii, older adults, dual-task.

# Culture, Cost And Cosmesis - Factors Affecting Choices Of Traumatic Finger Amputations

Ella Darveniza, *Katharine Guggenheimer\**, Sean Nicklin

*\*Ms, Alice Springs Hospital, Australia*

Worldwide there exists heterogeneous rates of replant post traumatic thumb/finger amputation. The decision whether a digit is replanted or terminalised is multifactorial, significant intercultural variation exists between developed countries. Assess the rates of finger replant to terminalisation at an urban Australian specialist hand hospital with respect to comparable developed countries and explore the interplay of cost and culture as factors in determining the decision to replant an amputated finger/thumb in the context of the reported worldwide experience. Consecutive cases of digit replant and terminalisation presenting to an urban Australian specialist hand hospital were retrospectively reviewed to determine the rate of replant and to elucidate the factors that contributed to the decision. The outcomes were then contextualised within the published experience from comparable developing countries to examine how cultural and cost factors influence treatment decision. Over the study period, 27 traumatic amputations were treated. Of these 18.5% were replanted (vs USA 14%, Japan 29%), 81.5% terminalized and 29.6% offered replant – three patients declined offer for finger/thumb replant, electing to have terminalisation. Replants in Australia and Japan are provided by the universal-health insurance at no cost to patients, mean cost in USA \$20,330. Australia and USA are comparable developed countries with predominantly White ethnicity. Higher Australian replant rates are possibly due to removal of cost as a barrier to treatment. Australian offered replant rate is equivalent to reported Japanese rates, fewer replants are performed due to patient preference which may reflect societal differences in perceptions of body integrity between Japan and Australia.

**Keywords:** Amputation, digit replant, microsurgery, societal-attitude, healthcare-barriers.



# Public Digital Interest As Surrogate Marker For Healthcare Trends

*Katharine Guggenheimer\**, Lily Bae

*\*Ms, Alice Springs Hospital, Australia*

Healthcare information on the internet has altered traditional patient health-education. Google is used by >21% of UK patients before seeing their doctor. It is unknown whether this reflects health-choices. To evaluate worldwide trends in internet based health-research of varicose veins and compare this with reported rates of treatment modalities to ascertain whether Google search behaviour can be used as a proxy for patient health interest and to predict population healthcare choices. Data from Google Trends on varicose veins over 10 years was analysed to identify changes in population search activity and thus interest in symptoms, recurrence and treatment. Sub-analysis by region was also performed. This information was then compared with the Australian universal healthcare data for varicose vein treatment numbers and the reported rates of treatment modalities in published literature. Digital interest in varicose veins increased >35% over 10 years, particularly in developing countries and non-English searches. Commonly associated search terms: surgery(75%), pregnancy(80%), pain(60%), alternative/non-operative treatments(10-20%) and laser(40%). Search behaviour correlated with treatment numbers, exhibiting seasonal cyclic pattern – higher in summer months, lower in winter. Traditional surgery most commonly searched treatment choice, endoluminal technique interest remained stable. Public digital interest in elective medical conditions is reflected by internet search activity. This study has found that internet search activity correlates with temporal uptake and modality of medical treatments for varicose veins. Analysis of trends in digital interest is a helpful tool in understanding patients with elective conditions and may be used to provide safe and timely service.

**Keywords:** Technology, web-analytics, varicose veins, health choices.

# Validation And Adaptation Of The Portuguese Version Of The Kidscreen Scale

Luís Pinho, *João Duarte\**, Isabel Bica, Ernestina Silva, Graça Aparicio, Suzana André

*\* PhD Graduated, Escola Superior de Saúde de Viseu, IPV, Portugal*

The adolescent to develop in a balanced and healthy way need to grow in a safe and structured environment that allows them a positive physical, educational, emotional and social development. To validate, for the study population, a cross-cultural instrument for assessing health-related quality of life in children and adolescents. A quantitative, descriptive, correlational study in a non-probabilistic sample for convenience, consisting of 567 children / adolescents attending elementary schools from the 5th to the 9th year of schooling in public schools in the central region of Portugal. Validation and adaptation of the data collection instrument for the study population - Kidscreen Scale (Gaspar, T. & Matos, M., 2008). The values of the internal consistency (Cronbach's  $\alpha$ ) of the scale dimensions vary between 0.664 (Self-perception) and 0.889 (Sentiments) with an average global value of 0.80, which confirms a high internal consistency. In the Kidscreen scale all the dimensions that compose it are significantly correlated with each other, at a significance level of 0.01. The results of the present study reveal that the adapted version of the Kidscreen scale presents a good psychometric quality. The internal consistency values are similar to the mean values of the Portuguese version and the other countries of the Kidscreen Group (The Kidscreen Group Europe, 2006).

**Keywords:** Quality life, adolescents, school.



# Emotional Dimensions Of Eating Behavior And Quality Of Life In Adolescents/Youth

Anabela Figueiredo, Eva Paciência, Sandra Sousa, Emília Martins, **Rosina Fernandes\***, Francisco Mendes

*\* PhD Graduated, Instituto Politécnico de Viseu e CI&DETS, Portugal*

The importance of eating behavior (EB) in quality of life is unquestionable. So, it is interesting to know the individual factors that influence the EB, such as the emotional dimensions. This non-experimental study aims to assess the relationship between eating behavior and the quality of life in adolescents and youth, namely the impact of the three eating emotional dimensions (restriction, disinhibition and hunger). Additionally, we reflect about the socio educational intervention to promote a healthy eating. This is an ex post facto study with a convenience sample of 108 Portuguese adolescents/youth, mean age of  $15.21 \pm 1.42$ . We used the Portuguese version of KINDL (quality of life) and TFEQ (eating behavior) and a sociodemographic questionnaire. Statistical analyses were performed using SPSS-IBM24, with a 95% confidence level. Results in the TFEQ revealed adolescents/youth with  $1.84 \pm .50$ ,  $1.99 \pm .54$ , and  $2.55 \pm .56$ , respectively in the restriction, disinhibition and hungry. Adolescents/youth with low disinhibition and hungry in TFEQ showed better quality of life than the individuals with higher levels of both eating emotional dimensions ( $p = .007$  and  $p = .013$ , respectively). Restriction dimension seems independent of the quality of life. The relationships between emotional dimensions of EB and quality of life justifies a socio educational intervention to promote a healthy eating behavior. This relationship may be mediated by the effects of those dimensions on results on food balance and its organics repercussions. Thus, intervention should focus on awareness of those effects. However, this mediation needs to be better investigated.

**Keywords:** Emotional eating behavior, life quality.

# Proposing A Workplace Meditation Model Based On Evidence-Based Programs: An Integrative Review

Francisco Mendes, Patrícia Araújo, *Rosina Fernandes\**, Emília Martins

*\* PhD Graduated, Instituto Politécnico de Viseu e CI&DETS, Portugal*

Workplace Meditation (WM) practices, focusing on ameliorating occupational-stress, are becoming increasingly popular in organizations. Nevertheless, scientific research is scarce and effective evidence-based programs (EBP) to replicate are hard to find. In this sense, the purpose of this study was to perform a systematic review on WM EBP and to propose a model for interventions using meditation in the workplace, based on the tested programs which have proved their efficacy and that were found in the databases explored. A systematic integrative review on WM EBP for occupational-stress was conducted using Ebsco, Scielo and Google Scholar databases. Journal articles and book chapters from all countries, years and languages with WM EBP were included. Articles without EBP, books, thesis, repeated, payed, journalistic articles and conference papers were excluded. After applying criteria to the 86 publications retrieved, 9 were included. From the 9 publications, 11 programs were extracted, analyzed and included: before and after measures (4); randomized controlled trial (6); and mixed methods (1). EBP included: meditation in workplace; audio self-guided meditations; vipassana meditation; yoga; mindfulness-based stress reduction program; flow meditation and other mixed techniques. Findings report improvements in sleep quality and duration, self-perception work engagement and resilience, and quality of life, as well as reduction of stress, anxiety, depression, fatigue, and respiration rates. Regardless of the types of programs, Workplace Meditation practices have proved their efficacy in several constructs related with occupational stress. We conclude presenting an integrated WM model, easy to replicate by organizations focused on intervening in occupational stress.

**Keywords:** Meditation, workplace, evidence-based programs.

# Contributions To Understanding Portuguese Facebook Consumer's Behavior: Lifestyle And Life Satisfaction

Patrícia Araújo, *Rosina Fernandes\**, Emília Martins, Francisco Mendes

*\* PhD Graduated, Instituto Politécnico de Viseu e CI&DETS, Portugal*

Facebook, founded in 2004, is the most popular social networking site with more than 751 million users. Nevertheless, science has just begun to investigate its relations to lifestyle and satisfaction. To analyze Facebook user's routines and understand its relations with sociodemographic variables, lifestyle and satisfaction with life, we developed a non-experimental study. The online survey, between March and May 2016, integrated 23 questions about Facebook use. Detailed sociodemographic and lifestyle questions were also included as well as the Satisfaction with Life Scale. From the 136 individuals that participated, 82% were women, 64% without spouse, 76% childless, 68% employed and 40% had postgraduate studies. Descriptive and inferential analysis were performed on SPSS-24 ( $p < .05$ ). Participants reported 1.79 hours/day on Facebook, spending more time the unemployed. Single/divorced had more Facebook-friends and childless accessed more times/day, contrary to the older. Facebook use contributed to well-being more in men. Positive correlations were found between entries per-day and perception that it causes work-related and social problems, in participants who showed higher motivation to close account and less life satisfaction. Social media has become part of our lives in ways not yet well explored, therefore, it is fundamental to proceed research do deepen Facebook life's positive and negative impacts.

**Keywords:** Facebook, lifestyle, satisfaction with life.

# Nutritional Status In A Portuguese Sample Of Institutionalized And Non-Institutionalized Elderly

Emília Martins, Francisco Mendes, *Rosina Fernandes\**

*\* PhD Graduated, Instituto Politécnico de Viseu e CI&DETS, Portugal*

Elderly institutionalization implies changes in the daily life with an impact on nutritional status. It is important to evaluate this impact in order to prevent malnutrition. This ex-post fact study aims to evaluate the impact of the institutionalization in the elderly nutrition and health, as well as the influence of sociodemographic variables. Additionally, we intend to reflect on the practical implications for elderly's institutions and caregivers on food preparation and management. A quantitative non-experimental study was performed with a convenience sample of 202 elderly, of both genders (70.3% women), aged  $81.76 \pm 7.47$ , from Long-Stay institutions (65.8%), Day Centres (6.9%) and community (27.2%), of the Centre of Portugal. We used the Mini Nutritional Assessment (MNA) for data collection and the SPSS-24 for statistical analyses (95% confidence degree). We found 50.9% of undernourished and at risk in Long-Stay institutions vs. 13.2% in non-institutionalized elderly. The comparison between these groups shows statistically differences in nutritional status ( $U=2399$ ,  $p=.000$ ) and in global score of MNA ( $U=1651$ ,  $p=.000$ ). There are low negative correlations between age and global score ( $rS= -.220$ ,  $p=.003$ ) and nutritional status ( $rS= -.199$ ,  $p=.001$ ), but no gender differences and a protective effect of the academic qualifications. Stand out the prevalence and risk of undernutrition in elderly Long-Stay institutions. So, the interventions to reduce this public health problem should focus particularly among institutionalized elderly but is essential to identify possible factors of this condition to be effective. Monitoring the nutritional status and guiding institutions, caregivers and familiars is an imperative effort.

**Keywords:** Nutritional status, institutionalization, elderly.



# Characterization of the Physical Activity Level (PAL) in Portuguese Elderly

Francisco Mendes, Emília Martins, *Rosina Fernandes\**, Maria João Amante, António Rosado, Jesús Molina

*\* PhD Graduated, Instituto Politécnico de Viseu e CI&DETS, Portugal*

The positive impact of physical activity on the elderly is so relevant that WHO (2016) encourages it and sets out global recommendations for its practice. This paper describes a non-experimental study with 202 participants, with a mean age of  $81.76 \pm 7.47$  years, of which 70.3% are female. 20.7% of the subjects which the sample comprises live with a spouse and 5.2% with their sons/daughters. The vast majority of participants (92.1%) have different levels of support from other people. Subjective measures were collected through the Baecke Habitual Physical Activity Questionnaire (HPAQ), and analyzed with the SPSS-24 and the confidence level was 95%. The results show that Sports practice (SD) is developed only by 1.5% participants. In terms of Leisure Time (STL) activities, 44% of subjects were included, with mean values of  $1,045 \pm 1.05$ . The SAD (Domestic Activities) involves the largest number of subjects (83.7%) with a mean of  $.817 \pm .69$ , and the HPAQ average is  $1.3 \pm 1.31$ . Inferential analysis shows that higher age, non-cohabitation with the spouse and institutional support are relevant in the type of Physical Activities developed by elderly people. Gender and Body Mass Index (BMI) were not significant. It is important to sensitize the providers of elderly care for the development of strategies likely to promote Physical Activity and to monitor and follow them up.

**Keyword:** Physical Activity, elderly, sociodemographic/contextual variables.

## Parental Practices: Impact On Child Behavior

*Sofia Campos\**, Felismina Resende, Conceição Martins, Manuela Ferreira, Cândida Alves, Carlos Albuquerque

*\* PhD Graduated, ESSV-IPV, Portugal*

The family, as a promoting and facilitating nucleus of human development, allows its members the performing of two fundamental tasks: to assure the continuity of the human being and to enable the balance between growth and individualization and the socialization of each member. The present study is causal-comparative and the main objectives are the research on parental reactions to positive child emotions and to know how parents react to the different emotional responses of their children comparing multiproblematic and non-multiproblematic families. The sample was constituted by 65 subjects, 32 of which belonging to families flagged by NCPAC (National Commission of Protection of Adolescents and Children), and 33 belonging to non-flagged families. The instruments used were a sociodemographic questionnaire, an emotional management questionnaire (QCEP-P) and a questionnaire on parental practices (PPQ). The main results indicate that the multiproblematic families have higher values in the "strict discipline for age"; "appropriate discipline"; "appropriate parenting"; "positive parenting"; "clear expectations" and "monitoring", whilst non-problematic families have higher values in terms of "rigid discipline" and "inconsistent discipline". The main conclusions point to a clear and significant lack of differentiation in the educational dimensions between non-problematic and problematic families and to the importance of parental strategies before positive and negative children emotions.

**Keywords:** Multiproblematic families, parenting, emotional reactions.



# Validity Of The Drinking And Abstaining Behaviors Questionnaire Among Portuguese University Students

*António Ramalho Mostardinha\**, Ana Bártoło, Anabela Pereira

*\* PhD Student, Department of Education and Psychology, University of Aveiro; Research Centre on Didactics and Technology in the Education of Trainers (CIDTFF), Aveiro, Portugal*

Alcohol consumption among university students could be influenced by personal and environmental factors, where behaviors perceptions are approved/disapproved and typically complied could be related to alcohol consumption. Considering the need to provide valid tools assessing descriptive/injunctive norms of drinking, our research question was: “Which are the psychometric properties of the Drinking and Abstaining Behaviors Questionnaire (DABQ)?”. We aim to translate, to cultural adapt and to analyze the reliability and the construct validity of the Descriptive and Injunctive Norms of the DABQ (DN and IN) concerning 3 reference groups (typical college student, friends and closest friends), to Portuguese university students. A validation, cross-sectional study was performed. The sample was composed by 338 students (51.8% male), with a mean age of 20.6 years (SD= 3.4). To examine the factor structure of the Portuguese version a Confirmatory Factor Analysis (CFA) was performed. Additionally, the internal consistency and convergent validity were also evaluated. Concerning the factor structure, the two-factor original model presented a better relative fit considering the DN in the three reference groups. For the IN, a modified two-factor model, showed a better relative fit to data considering the friends and closest friends. A satisfactory internal consistency was also found ( $.765 < \alpha < .891$  and  $.675 < \alpha < .869$ ). Our findings suggested DABQ as a valid tool in higher education settings. However, its factor structure should be (re)examined using CFA procedures within community samples

**Keywords:** Drinking behavior, college, social norms.

# Acute Psychophysiological Responses To Laboratory-Induced Stress In Different Groups: An Exploratory Study

*Susana Rodrigues\**, Joana Paiva, Duarte Dias, Tânia Pereira, João Paulo, Silva Cunha

*\* PhD Student, INESC TEC, Portugal*

Occupational stress has been broadly acknowledged as a global challenge and has been the focus of concern for many researchers. Stress affects workers health and performance. Hence, the current study aimed to: a) assess psychophysiological stress among different occupational groups and b) understand if there are differences between these groups using self-reports and heart rate variability (HRV) measures. Three different occupational groups (students; firefighters; air traffic controllers) of nine elements each were analysed. The Trier Social Stress Test (TSST) was used as a stress-inducer. Linear HRV features from participants electrocardiogram (ECG) acquired using a medical-grade wearable ECG device (Vital Jacket®) were extracted. Self-reports were also used before and after the stress task. Data were normalized to healthy populations, controlling for age and gender. ECG-derived normalized measures showed that TSST induced stress arousal in all groups. Statistical significant differences were found in AVNN across the three groups using Kruskal-Wallis test, suggesting that the students group were more stressed. All the other HRV metrics (RMSSD, pNN50 and LF/HF), along with psychological stress results support these findings. An increase on stress self-perceptions were also found during the stress task. This study supports the idea that TSST is a gold standard stress procedure. Moreover, the use of bio-sensing platforms associated with the broad range of devices recently developed within the Internet of Things (IoT) field can be a valuable contribution for the development of “smart”, low-cost, simple and affordable quantified health technologies extended to a broad range of occupations.

**Keywords:** Occupational groups, electrocardiogram, stress.



# Emotional Skills And School Success: Programme Of Systemic Intervention - Exploratory Study

*Ana Paula Cardoso\**, Manuela Ferreira, Sofia Campos, Sara Felizardo, João Duarte, Cláudia Chaves

*\* Professor Dr, Instituto Politécnico de Viseu, CI&DETS, Escola Superior de Educação, Portugal*

This paper presents a research that aimed to understand the contribution of an integrated and systemic intervention Programme (Develop+) for the development of appropriate social and emotional skills in students with disruptive behaviours, their parents and teachers. The exploratory study was developed using the action-research methodology. The intervention carried out took place over six months and included a baseline pre-test with a set of instruments and a post-test. The convenience sample involved six students from two 7th year classes of a school in the central region of Portugal, five parents and ten teachers. After the intervention, five students perceived very significant changes in their behaviours and only one didn't feel any change in the way she has been behaving. Parents and teachers revealed a rather favourable perception regarding their participation in the programme, considering that it helped them to perceive some behaviours and practices less adjusted to their educational action. The results highlight the importance of a systemic intervention programme applied to students who show disruptive behaviours. This one revealed an improvement of personal and social skills associated with a higher academic achievement. Also, showed that parents and teachers' emotional competences and well-being are quite important to developing and maintaining positive relationships with students required for their adaptation to school.

**Keywords:** Socio-emotional skills, students, parents, teachers.

# Resilience In The Oncological Patient: Systematic Review Of The Literature

*Maria da Conceição Martins\**, Célia Marques, Sofia Campos, Rosa Martins, Marco Vieira, Ana Andrade

*\* Professor Dr, IEscola Superior de Saúde-Instituto Politécnico de Viseu, Portugal*

Oncological disease puts people in a situation of suffering and the way they respond to this situation determines their condition of life. The objective of our study was to verify how the resilience in the oncological patient can help to experience the disease situation and the treatments. The treatment contributes to the development of resilience, promoting greater use of the protective factors of patients. The patients trying to resist the disease process and the physical and emotional upheavals that the disease brings, allows us to rethink the existence and find ways of resilience to face this condition. The findings suggest that resilience increases as time passes and in response to treatments. It is significantly associated with less hopelessness and higher levels of supportive and social perception. Patients using experiential and attitudinal values during the treatment process can find meaning in the fact that they have become ill and in their own lives, favoring resilient. Ability to overcome adverse situations give new meaning to life and resilience. Spirituality associated with resilience give a positive adaptation to oncological treatment.

**Keywords:** Resilience, cancer patient, spirituality.



# Effects Of Organizational Downsizing On Workers Health: Reviewing Ten Years Of Evidence

*José António Antunes\**

*\* Master graduated, Treatment Team Oeiras-Cascais CRI Lisboa Ocidental ARSLVT, IP, Portugal*

Organizational downsizing in response to global financial pressures has been found to have a deleterious effect on the worker health. The little awareness of these effects limited the institutional responses. The Research Questions is how does organizational downsizing affect the health of workers and what are the ways to mitigate their effects and identify the effects on the physical and mental health of the workers affected by the organizational downsizing and also on their survivors who continue to work and explain the mechanisms behind these effects to elucidate the measures that can be implemented to mitigate the problems. A search was performed in PubMed, a search engine for access to the MEDLINE database of citations and abstracts of biomedical research using the terms MeSH: Work, Downsizing, Health effects selecting the articles published between June 2007 and June 2017.

Organizational downsizing have a dominant negative effect on health and risk factors. The anticipation of dismissal situation is in itself associated with negative health effects. Increased work stress may be a mediating pathway through which the external economic environment leads to adverse health outcomes. Occupational health initiatives to improve worker well-being and a psychosocial safety climate mitigate the problems. Organizational downsizing contribute to an increase in physical and mental health problems. The work stress and the stress-induced overactivity or disturbances of the hypothalamic pituitary adrenal-cortical system have been lead to cardiovascular disease, cognitive impairment, metabolic deregulations and clinical depression.

**Keywords:** Organizational downsizing, occupational health, work.

# The Importance Of Psychological Resources To Individual's Adjustment To Disability

*Laura Alčiauskaitė\**, Liuda Šinkariova

*\* PhD Student, Department of Psychology, Faculty of Social Sciences, Vytautas Magnus University, Lithuania*

Although disability is widely acknowledged to involve physical, social and psychological consequences, few studies have studied the potential of psychological resources to improve adjustment to disability outcomes.

The purpose of the study was to investigate the importance of psychological resources on adjustment to disability for mobility impaired individuals.

Psychological resources were evaluated using General self-efficacy scale, MOS Social Support Survey and Brief-COPE questionnaire (measuring adaptive and maladaptive coping strategies). Adjustment of Disability scale – Revised was also used in the study.

The study sample consisted 321 mobility impaired individuals (132 men and 189 women), aged between 18 and 80. Participants possessing greater psychological resources reported higher scores of adjustment to disability compared to participants with fewer resources. Regression analysis identified general self-efficacy, perceived social support and maladaptive coping strategies as main significant predictors of adjustment to disability. General self-efficacy, perceived social support and coping strategies were significantly related to individual's adjustment to disability and seem to be stronger predictors of adjustment than sociodemographic or disability-related variables. Empowering of psychological resources should be an important aspect of rehabilitation process for people with mobility disabilities.

**Keywords:** Psychological resources, adjustment to disability.



# Subjective Health Associated With The Quality Of Life Of Adolescents

*Rosa Martins\**, Carlos Albuquerque, Conceição Martins, Ana Andrade

*\* Professor Dr, Instituto Politecnico de Viseu, Portugal*

Quality of life (QoL) of children and adolescents represent challenges, the breadth and scope that health institutions usually solve. Adolescence is characterized by important phases of physical, psychological and social development, and adolescents with their vulnerability are exposed to risks. Thus, this study aimed to evaluate the overall quality of life perceived by adolescents as well as their dimensions. This is a quantitative, descriptive and exploratory profile study in which 567 adolescents participated in attending the second and third schooling cycles of a Grouping of Schools in the Central Region of Portugal. A sociodemographic questionnaire and a scale of QOL assessment were used in children and adolescents (Kidscreen-Portuguese version). The results showed that the global QOL perceived by adolescents is very positive ( $M = 79.42$ ) and is higher in boys ( $M = 80.18$ ). The highest values are related to dimensions, bullying, economic issues, family and friends. The lowest values are related to self-perception and leisure management. The evidence found in this study shows that the subjective health associated with the quality of life of these adolescents is positive and confirms the variability found in the different dimensions where it is emerging to intervene.

**Keywords:** Health, quality of life, adolescents.



# Emotional Skills And Literacy In Sexual Health In Secondary School Students

*Manuela Ferreira\**, Patrícia Mota, Sofia Campos, Graça Aparício, Maria José, João Duarte

\* *PhD Graduated, IPV, ESSV, CI&DETS, Portugal*

Health literacy is understood as the ability to make informed decisions about health. It was constituted as the daily option of conscious health decisions, with a particular importance in adolescent sexuality.

Analyse the relationship between emotional skills and literacy in sexual and reproductive health in secondary school students.

A cross-sectional, descriptive and analytical study involving a sample of 213 students attending the 10th, 11th and 12th years of a secondary school. The data collection was supported by a sociodemographic characterization questionnaire, variables of academic context, contextual variables of sexual and reproductive health, the Emotional Competency Questionnaire of Vladimir Taksic (2000), a Portuguese adaptation of Faria & Lima Santos (2001) and the Questionnaire of Knowledge on sexual and reproductive health of Santos (2017).

The sample is made up of people mostly female (60.4%) with an average age of 16.45 years. Students (67.6%) who have good / very good knowledge about sexual and reproductive health predominate, and girls are the ones who reveal more knowledge about this subject. The more age and year of schooling students have, the more knowledge they have about sexual and reproductive health. The less ability students have to deal with emotion, the less information they have about sexual and reproductive health.

The relevance of emotional competence in living a responsible sexuality is evident. The ability to deal with emotion was the dimension that has been assumed as a predictor of sexual and reproductive health literacy. It is observed that the less ability the students have to deal with emotion, the less information they have about sexual health and reproductive. The earlier the assimilation the commitment to learning about sexual and reproductive health occurs, the better will be the achievement of good results reflecting on more committed and safe adolescents.

**Keywords:** Emotional competences, sexual and reproductive health.



# Birth Plan: A Women's Perceptions

*Dolores Sardo\**, Arminda Pinheiro

*\* Associate Professor Dr, ESEP, Portugal*

The Birth Plan (BP) is a document drawn up by the couple to express their wishes regarding their labor. It promotes the couple's expectations regarding their delivery and allows better communication with health professionals.

Exploratory and descriptive study. The inquiry used with 21 self-completion questions on an online platform, during the month of April 2018. The sample is non-probabilistic, intentional with 150 Portuguese citizens, with  $\geq 18$  years old age. Ensuring the anonymity and confidentiality of the data.

83.6% know what is BP, 64% have used it; 75% used it once. It was drawn between 32-38 weeks of pregnancy. Mostly didn't mention difficulties; some of them reported difficulties to discuss their preferences and lack of information. When they delivered BP at the maternity, 10.1% don't accepted by health team because "had no decision-making ability". 79.3% considered BP should be mandatory, 54.8% should be single model.

The BP appears to be a key element in the provision of antenatal care. The results show that citizens living in Portugal are aware of the importance of using the BP, recognizing it as a facilitating strategy to reorient the woman/couple in the birth process, promoting a closer relationship between formal caregivers and citizens.

**Keywords:** Birth plan, women, rights, decision.



## Quality of Life Perceived By Children/ Adolescents and Their Parents

*Ernestina Silva\**, Daniel Silva, João Duarte, Graça Aparício, Carlos Albuquerque, Rui Almeida

*\* Professor Dr, Escola Superior de Saúde de Viseu, Portugal*

The impact of children's and adolescents' quality of life reflects in their development whilst adults, therefore the importance to intervene as soon as possible to encourage it. Characterize the quality of life of children and adolescents in a school context and compare their perspective with their parents; to analyze the influence of sociodemographic variables on the quality of life perceived by children/adolescents. Quantitative study, descriptive and correlational, in a non-probabilistic and of convenience sample, composed by children/adolescents and parents. We used a questionnaire (Ad hoc) with sociodemographic characterization questions and a scale of quality of life faces. All ethical procedures were fulfilled in safeguarding the informed consent of parents, anonymization of the respondents and authorization was requested at the Direção Geral de Educação. We inquired 567 children/adolescents with an average age of 12.40 years ( $\pm 1.591$ ), 50.6% being female. 592 parents answered the questionnaire (parent version), with the average age of 40.43 ( $\pm 2.586$ ), 84.8% being female. We found that 97.9% of the children/adolescents indicate good quality of life and 2.1% bad, with an average value of 8.45 ( $\pm 1.55$ ). The data referred by the parents are similar ( $M=8.30 \pm 1.5$ ), not being statistically significant. Subjective perceptions of quality of life institute important data to promote health and are relevant indicators in the area of public health. Although our data reveals good quality of life, an intervention at school with an approach to the factors that promote mental health and development is suggested.

**Keywords:** Child, adolescent, quality of life, parents.

# Mental Health In School Context: Study of Resilience In Children And Adolescents

*Graça Aparício\**, João Duarte, Manuela Ferreira, Ernestina Silva, Isabel Bica

*\* Professor Dr, Instituto Politécnico de Viseu/Escola Superior de Saúde - ESSV, Portugal*

There is a set of risk and protective factors that have an impact on mental health of children/adolescents. Resilience is considered a protective factor because it moderates the effects of risk exposure.

To classify the level of resilience in children and adolescents and their relationship with sociodemographic variables.

A cross-sectional study carried out within the framework of MaiSaúdeMental Project (CENTRO-01-0145-FEDER-023293), with 567 children / adolescents aged 9-17 years old (mean = 12.40, SD = 1.591) from elementary/secondary schools from the center of Portugal. Used a socio-demographic characterization questionnaire and the Healthy Kids Resilience Assessment Module (Version 6.0), adapted by Martins (2005), with 18 questions and six dimensions. The majority (38.4%) were 12-13 years old, 78,8% lived with their parents and 45.7% with siblings. Globally 47.8% had moderate resilience characteristics (48.6% of the boys) and high in 34.8% of the girls, without statistical significance. Resilience decreasing significantly with increasing age and schooling, and showed be higher in children living with parents, except in empathy, problem solving, and goals/aspirations.

The study revealed relationship between the level of resilience and sociodemographic factors and the context of the children. So, the school as an important context to improve opportunities and social connections, needs to exercise also the inside strengths of kids and so they will be more able to face the adversities of the world.

**Keywords:** Children, adolescents, resilience, mental health.

# Subjective Happiness And Functional Dependence In The Elderly

*Ana Andrade\**, Diogo Vieira, Paula Oliveira, Carlos Albuquerque, Rosa Martins

*\* Professor Dr, Instituto Politécnico de Viseu, Escola Superior de Saúde, Portugal*

Considering aging as a dynamic process, accompanied by diverse transformations at the physical, psychological and social level, it is necessary that this phase of the life cycle is conducive to experiencing positive emotions and feelings, such as happiness. This study aims to characterize the sociodemographic context of the elderly; to determine the level of dependence in activities of daily living; to evaluate the level of subjective happiness of the elderly and to verify if the sociodemographic variables and the level of dependence influence the subjective happiness experienced by the elderly. one hundred and two elderly individuals participated in the study. The results indicated of the surveyed elderly, 36.3% were mildly dependent and 45.6% were slightly unhappy. Regarding sociodemographic variables, the oldest ( $\geq 80$  years) and the male are the ones with the highest level of happiness. The independent and lightly dependent elderly people, in the accomplishment of the activities of daily life, show higher mean values of happiness, however without statistical significance. Based on the results obtained, we conclude that it is necessary to outline strategies and plan interventions aimed at empowering the elderly to perform life activities, making them less dependent and with a better quality of life. Well-being will improve the way of perceiving life, enhancing the feeling of happiness.

**Keywords:** Happiness, aging, elderly, dependency.



# School Bullies And Bullying Behaviors

Carlos Albuquerque, Catarina Rodrigues, Ana Andrade, *Isabel Bica\**,  
Madalena Cunha, Sofia Campos

*\* PhD Graduated, Escola Superior de Saúde de Viseu, CI&DETS. CINTESIS - Center for Health Technology and Services Research Portugal*

School violence is a big phenomenon nowadays, with social, educational and familiar implications. This issue has increased the concern of educational and health professionals, encouraging the development of intervention programs. Identify the existence of bullying practices in children attending Elementary School and characterize the influence of a set of socio-demographic variables underlying these behaviors, such as their familiar and school contexts. 201 children were studied, mostly males (53.73%), with a mean age of 9.60 years and enrolled in the 4th year of elementary education, of rural and urban schools of the central region of Portugal. Were used as measuring, validated for the Portuguese population: The "Bullying: The Aggressiveness Among Children in School Space" and the "Natural Child Environment Signaling Scale". Data suggests that 26.90% of children are involved in bullying behaviors, being verbal and physical aggression the most common type, and the school playgrounds the favorite places for these practices (91,30%). Bullying behaviors are highly influenced by family environment ( $p < 0.001$ ), but not, in a significative way, by gender, age, number of non-approvals, attendance of kindergarten or number of siblings. The obtained results aim at some strategies which need to be considered in the planning and implementation of preventive bullying guidelines, where Educators, Teachers and Psychologists can have an important intervention, in the improvement of mental and physical health, for children and their families.

**Keywords:** Children, bullying, violence, school, family environment.

# Beneficial Effects Of Dynamic Splint After Total Knee Arthroplasty

Joao Oliveira, Catarina Rodrigues, Rosa Martins, *Carlos Albuquerque\**

*\* Professor Dr, IPV – Escola Superior de Saúde de Viseu, Portugal*

Total knee arthroplasty is a surgical intervention that has increased in the last years. The prevention and reduction of knee flexion contracture is crucial after these operations and it can be achieved by using dynamic splinting. Describe the beneficial effects of using dynamic splinting, as a complement in the physical rehabilitation program, leading to a reduction of contractures and a regain of full knee extension after total knee arthroplasty operation. Methods: An integrative literature review was performed using the PI[C]OD method by searching the following databases: CINAHL, MedicLatina, Medline, Cochrane Database Syst Rev, CCRCT, Nursing & Allied Health. Comprehensive, SciELO, whose studies were published in the period 2012-2017. From the research were included five articles that met the inclusion criteria. Results: Professionals consider that dynamic splint is an important tool to use during rehabilitation programs. The main benefits obtained are a greater range of motion without pain, a high tolerance of orthopedic use, since the tension force can be controlled, and a greater acceptance and satisfaction by patients. However, data supporting the systematic approach to appropriate selection of elastic traction are scarce. Dynamic splinting is a strategy frequently used in the rehabilitation of patients with deformities and physical injuries based on anatomical and biomechanical aspects and logical principles. Patient positioning and immobilization are crucial components of a rehabilitation program that emphasizes the prevention of contractures. The use of these devices in the different phases of the rehabilitation process, varies according to the injury and adjustment needed.

**Keywords:** Dynamic splinting, total knee arthroplasty, effects.

# Psychosocial Risk Factors and Distress in Higher Education Teachers

*Isabel Souto\**, Anabela Pereira, Elisabete Brito, Luís Sancho, Jacinto Jardim

*\* Master Graduated, Psychology Department - University of Aveiro, Portugal*

It is known that occupational health problems in Higher Education (HE) teachers are a current and prevalent problem. Several authors point out the significance of work-related psychosocial factors in this phenomenon.

The purpose of this study is to explore the psychosocial factors associated with the development of work-related distress in the specific professional context of HE teachers. We also aim to understand which PRs dimensions are correlated with Work-related distress.

An empirical study was carried out involving 97 HE teachers, working at University of Aveiro departments (n=50) and Polytechnical Schools (n=47). In this assessment, the following instruments were used: the Kessler Psychological Distress Scale (K10) and the Copenhagen Psychosocial Questionnaire (COPSOQ, medium version). Our study points to three main findings: 1) total cumulative functions plays a role in HE teacher's overload; 2) a large percentage of responders presented significant psychological distress symptoms, being this effect strongly higher in females; 3) work demands dimensions represent the most health risk, as well with Health/ Well-being dimensions present the most of significant correlations for distress increase in HE teachers.

The work-related distress in this study was highly influenced by many factors. As such, the first step in the construction of intervention policies and tools would be an effective assessment fully integrated to specific work contexts. This study answers the investigation gap in the work-related context of HE teachers.

**Keywords:** Psychosocial risks, distress, teachers.

# Risk Management: Therapeutic Error In The Pediatric Patient

*Daniel Silva\**, Carla Fonseca, Hugo Roque, Susana Lourenço, Ernestina Silva

*\* Associate Professor Dr, Escola Superior de Saúde de Viseu, Portugal*

Errors in the pediatric population are a problem in their health and safety. The anatomical and physiological specificities of children lead to a greater vulnerability and the occurrence of errors. To know the prevalence of therapeutic errors in hospitalized children; identifying strategies of prevention and awareness of health professionals about the subject; contribute to improving the safety and quality of pediatric patient care. This is a bibliographical analysis of four articles duly selected according to the following inclusion criteria: dated from 2015 to 2018, pediatric population, hospital context, therapeutic error. We searched the PubMed and B-on databases, and found 73 articles. After reading the title and abstract, 69 articles were excluded. Reflective critical analysis of selected articles. It is verified the causes of the therapeutic errors and implementation of organizational strategies reduces the therapeutic error. The therapeutic errors are related to the medical prescription, preparation, confirmation and administration. The electronic health record allows algorithms and real-time support to mitigate errors and avoid damages. The reporting of adverse events is related to decrease therapeutic error. Therapeutic error is a common problem in pediatrics. Their understanding is a fundamental process to be developed by health professionals essentially in pediatrics. It is justified to look for a set of interventions that allow monitoring of the various phases of therapy. It is important to make professionals aware of this problem and to encourage the notification of platforms.

**Keywords:** Risk management, safety, pediatric patient, therapy.

# Promotion Of Family Skills: Focus On Parental Role

Rita Silva, Ernestina Silva, *Lidia Cabral\**, Ana Lúcia Carvalhal, Carla Alves, Liliana Simões

*\* Professor Dr, Escola Superior de Saúde de Viseu, Portugal*

Parental role should be a focus of attention of the nurse in order to achieve the therapeutic goals for the hospitalized child and the desired results for nursing care. Emphasize the interventions of the nurse in the parental training during the hospitalization of the child; Reflect on the practice of clinical nursing decision in supporting and negotiating parental role. Literature review, with research in online scientific database, MEDLINE / PubMed; B-on and Google Scholar with the following inclusion criteria: articles available in full, in Portuguese and English, between the period 2012 to 2018. Reflection on the practice of care and ways to support and negotiate with parents as pediatric nurses. Evidence demonstrates the importance of nursing care during a critical event in the parental transition, such as in the hospitalization of the child. The partnership relationship with the parents, established by the nurse and the support given to them based on trust and capacity building, are crucial in promoting parental skills and, in this case, parental role. It is considered that the interventions used by the nurse, working in pediatrics, with the family with hospitalized children allow the enhancement of the parental role and the training in the involvement of the same in the care partnership, in order to favor the exercise of parenting in these circumstances.

**Keywords:** Parenting, parental role, hospitalization, pediatric nursing.

# Functionality of Family Dynamics and Self-Care in Heart Failure: Pilot Study

*António Madureira-Dias\**, António Filipe Correia, Madalena Cunha, Carlos Albuquerque, Ana Andrade, Regina Saraiva

*\* Associate Professor Dr, Center for Education, Technology and Health Studies (CI&DETS), Superior Health School, Polytechnic Institute of Viseu; Health Sciences Research Unit: Nursing (UICISA: E), Coimbra., Portugal*

Family represents a basic source of support for the patient with chronic illness, namely Heart Failure (HF), and it is the main structure of mutual help in difficult situations.

It is intended to determine the level of self-care skills in a person with HF and relate it to family functionality.

It was conducted an analytic, correlational and cross-sectional study on 103 patients with HF, attending follow-up consultation at a hospital in the Centre of Portugal. Data collection was performed through a self-administered questionnaire that included sociodemographic data, Family Apgar and the European Heart Failure Self-care Behaviour Scale (Pereira, 2013).

Patients had a mean age of  $71,5 \pm 11,4$  years; 61,2% were male; 70,9% lived with "partners"; 89,3% had education up to the "4th grade" and 55,4% lived in a "moderately" to "markedly dysfunctional family". Self-care skills level was 43,7% in "adequate self-care". The familiar functionality appears as a predictor of self-care, in which the higher it is, the bigger will be the level of self-care skills shown.

The results are consistent with national and international research, confirming the low prevalence of adequate self-care in a person with HF. However, it was confirmed that family support is predictive of the self-care in a person with HF.

**Keywords:** Heart failure, self-care, family functionality.



# Nurses Perception Regarding Palliative Patient Referral

*Olivério Ribeiro\**, João Duarte, Aristidis Orfanidis, Rui Pinto, Rute Santos, Rute Rocha

*\* Professor Dr, Center for Education, Technology and Health Studies (CI&DETS), Superior Health School, Polytechnic Institute of Viseu, Portugal; Health Sciences Research Unit: Nursing (UICISA: E), Coimbra, Portugal*

In order to provide patients with the full potential of the National Integrated Continuing Care Network to provide them, it is necessary for all professionals involved in the referral process to realize their true role and inherent competencies in order to provide rapid and effective response in view of the high number of patients requiring palliative care.

Analyze the difficulties that nurses feel throughout the patients referral process, in the hospital context.

The study involved fourteen nurses who exert functions in wards where this process is used. We decided to conduct a descriptive exploratory study, the data was obtained through the use of semistructured interviews.

Results: The majority of nurses interviewed did not present training in palliative care (71.4%) or training to complete the referral survey (71.4%). The factors that compromise the effectiveness of the referral process are factors related to the multiprofessional team (57.1%) and factors related to the functioning of the National Network for Integrated Continuous Care (49.8%).

In general, nurses find several difficulties in the process of referring patients, reinforcing the need for intrahospital training regarding multiple themes. It is observable as well the multiple difficulties regarding the communication between the professionals involved in the referral process.

**Keywords:** Referral and consultation, palliative care, nursing.

## Additives Behaviour To Vital Cycle: Prevention Strategies

*Amadeu Gonçalves\**, Lidia Cabral, Sofia Malés, Lúcia Casimiro, Rui Paixão

*\* Professor Dr, Escola Superior de Saúde do Instituto Politécnico de Viseu, Portugal*

Additive behaviors are a public health problem, with serious implications on the mental health of psychoactive substance users.

With this study we intend to identify the implications of the consumption of psychoactive substances in the mental health of its consumers and to explore the most appropriate preventive approaches of this type of behavior.

Systematic review of the literature on the problem of psychoactive substance use and intervention strategies more appropriate to prevent addictive behaviors and promote the mental health of individuals and their families. The databases were PubMed, Lilacs, Scielo, Google Academic and B-on.

The studies found in the review of the literature show that the consumption of psychoactive substances has serious implications in the mental health of its consumers (Dual Pathology), are a social and public health problem and constitute health care focus. Preventive approaches should be considered in terms of social context and level of risk.

The consumption of psychoactive substances reflects very different phenomena depending on the substance, the person and the social networks of support. These consumptions are often associated with problems of interpersonal relationship, adaptation, low self-esteem, low tolerance to frustration, poverty and professional instability. Prevention strategies should focus on deterrence, risk reduction and harm minimization, treatment and reintegration.

**Keywords:** Mental health, health promotion, substance-related disorders.

# Study On The Characteristics Of Young Mothers While Breastfeeding

*Emília Carvalho Coutinho Referral\**, Ana Cristina Pereira, Cristiana Machado, Daniela Sofia Martins, Daniel Coelho, João Duarte

*\* Associate Professor Dr, Higher School of Health of Viseu / Polytechnic Institute of Viseu, Portugal*

Recommended by the WHO, breastfeeding should be exclusive until the baby is 6 months old, and maintained until at least two years of age due its benefits for the physical and mental health of mother and child, causing the need to characterise young mothers during the first two years of the children's lives..

The purpose of this study was to identify the sociodemographic characteristics of young mothers during the first two years of the child's life.

Descriptive, cross-sectional observational survey on the sociodemographic characteristics of young mothers, of the baby at birth, pregnancy and breastfeeding. 167 women who were mothers two or more years ago participated in the child health consultation. Non-probabilistic convenience sample. A questionnaire was applied to the woman at the two-year child health surveillance visit. Exclusion criteria: mothers who, due to their or their child's health condition were prevented from breast-feeding.

Mothers age 31.99 years ( $\pm 5.46SD$ ); 97.6% married; 96.4% Portuguese; 53.9% higher education; 39.5% intellectual professions; 76.0% employed; 38.3% with 500-1000 €; 68.9% city; 53.9% breastfed  $\leq 6$  months. Pregnancy: 86.8% term; 77.8% planned; 85.0% monitored; 56.3% without preparation; 83.2% without problems. Infants: 50.9% female; 79.0% 2500-3999gr; 92.8% healthy; 74.9% breastfed the first hour; 86.2% breastfed easily; 85.6% skin-to-skin. Milk: 51.5% maternal, 9.0% artificial 39.5% mixed.

The sociodemographic characteristics of young mothers, the way the pregnancy progressed, the characteristics of the baby, help us to better understand the context in which breastfeeding occurs.

**Keywords:** Breast milk, socio-demographic characteristics, mothers, babies.

## Internalizing And Externalizing Behaviours Of 3rd Cycle Students: Parents' Perspectives

Filipa Andreia Silva Lopes, *Claudia Balula Chaves\**, Joao Carvalho Duarte, Manuela Ferreira, Sofia Campos, Ana Paula Cardoso

*\* Associate Professor Dr, Instituto Politécnico de Viseu, Escola Superior de Saúde de Viseu, CI&DETS, Av. Cor. José Maria Vale de Andrade s/n, Campus Politécnico Santa Maria, 3504-510 Viseu, Portugal*

Adolescence is a period marked by difficulties and challenges reported by parents about the educating adolescents' process. The aim of this study is evaluate parents' perspectives regarding the internalizing and externalizing behaviours of 3rd cycle students (7th – 9th years of schooling).

A quantitative, cross-sectional, descriptive and analytical study was performed. A sample of 148 parents assessed the behaviour of 148 children (81 boys vs. 67 girls). The mean age of the sample assessed by the parents was 13.58 years ( $\pm 0.583$ ), 55.4% of whom were enrolled in the 8th year. Data collection included the Questionnaire on Children's Behaviours for ages 6 to 18 years (Child Behaviour Checklist - CBCL 6-18).

The parents perceived more cases of anxiety/depression ( $M=4.70$ ;  $\pm 4.28$ ) and internalization behaviours ( $M=10.26 \pm 8.66$ ) prevalent in 13-year-old ( $M=10.81$ ;  $\pm 8.83$ ) girls ( $M=11.76$ ;  $\pm 9.44$ ), in the 8th year ( $M=11.90$ ;  $\pm 10.05$ ;  $p < 0.03$ ).

Conclusion: The results point out that both the parents' perspective is crucial for an integrative vision of adolescents.

**Keywords:** Behaviour, nursing, family relationships, adolescent.



# Validation Of EGK Questionnaire For Gatekeeper Schools: The Promotion Of Mental Health

Agar Almeida, Paulo Pinheiro, Orkan Okan, Jacinto Jardim, Elisabeth Brito, *Isabel Souto*\*

\* *Master Graduated, University of Aveiro, Portugal*

This study is part of a more extensive research about suicide in a school context. In Portugal, one of the approaches to prevention is the online training for gatekeeper teachers.

This EGK questionnaire aims to assess the skills of teachers as gatekeepers and conditions of the school context. Faced with low levels of literacy in mental health and suicide prevention, it is necessary to develop and implement teacher training strategies that support the reduction of the disease in the future.

The EGK questionnaire is composed by 20 items, with five response levels in a Likert Scale, ranging from 1 (strongly disagree) to 5 (strongly agree). The questionnaire was developed after a literature review and exploratory studies.

The sample is composed by 1144 teachers (ranging from pre-school to high school teachers), who answered online.

A factorial analysis revealed five factors. The assumptions of the KMO ( $> 0.60$ ) and Bartlett's sphericity test ( $p < 0.001$ ) have been filled in. Factors: staff conditions; teacher preparation and confidence; competence of the school; ability of the teacher to refer student and capacity of the teacher to communicate. Regarding reliability, the global Cronbach's alpha value was  $\alpha = 0.67$ .

Results show appropriate psychometric characteristics, indicating good validity and reliability of content and good internal consistency. This allows the use of the EGK questionnaire as a valid tool to measure the skills of teachers in gatekeeper roles. Further study is required to ensure the effectiveness of this pilot study.

**Keywords:** Gatekeeper, suicide, school.

# Motivation For Breastfeeding: Influence Of Baby's And Pregnancy Characteristics

*Paula Nelas\**, Emília Coutinho, Cláudia Chaves, Odete Amaral, João Duarte, Rui Dionisio

*\* Associate Professor Dr, Superior Health School of Viseu, Portugal*

Although the advantages of breastfeeding are well known, the adherence to this practice is still far from recommended, being influenced by psychological, biological, social and cultural factors.

To determine if the characteristics of the pregnancy (duration, date of the first prenatal surveillance visit, number of consultations, breastfeeding information, attendance of course on preparation for parenthood and existence of complications in pregnancy) and the characteristics of the baby (sex, weight, hungry breast seeking) influence the motivation for breastfeeding.

A quantitative, descriptive and correlational study with a sample of 219 women, with mean age 32.59 years (SD= 5.86). A questionnaire was applied to the woman at the two-year child health surveillance visit. This questionnaire allows to characterize the pregnancy and the baby at birth. The Motivation Scale for Breastfeeding, adapted from Nelas, Ferreira and Duarte (2008) was included.

The variables that influence motivation are term pregnancy, the first prenatal surveillance visit in the first trimester, the number of surveillance visits greater than six, information on breastfeeding, eutocic delivery and not having attended a of course on preparation for parenthood. The characteristics of the baby do not influence the motivation.

Considering there is a multiplicity of factors that influence the motivation, practice and maintenance of breastfeeding, we recommend programs that promote maintenance. There should also be support from health professionals to help overcome the difficulties encountered, preventing the early cessation of breastfeeding.

**Keywords:** Breastfeeding, Baby, Pregnancy, Motivation.

# Management Of The Risk Of Falls In Pediatrics In Hospital Environment

*Odete Amaral\**, Ernestina Silva, Ana Paula Isidoro, Carla Moreira

*\*Assistant Professor Dr, Escola Superior de Saude de Viseu, Portugal*

The role of nurses in assessing the risk of falls in Pediatrics and in the awareness of health professionals, children and parents, is one of the indicators of quality of health services

The purpose of this study is to reflect on the involvement of nurses in the identification of the risk of falling in Pediatrics and nursing interventions in preventing those falls.

Review of the literature, with research in scientific database online. Critical analysis and reflective on the bibliographical material consulted incorporating the professional experience as pediatric nurses.

The falls in the pediatric population are events that originate in various factors and negative repercussions, for the kids/family and the institution. It is important to implement measures including risk assessment, provide a safe environment, making the child/family about prevention and security, identify the risk of falls by using scales and report falls in NOTIFICA.

Prevention of falls is one of the international goals of patient safety in children. Shows the detection of risk factors of child/family in the hospital, the use of protocols for the prevention of falls and the change of organizational culture with a focus on patient safety.

**Keywords:** Fall, instrument rating, risk factors, nursing interventions.

## Family Centered Care: Where Are We Now? Where Are We Going?

Daniela Teixeira, Maria José Carvalhais, Ricardo Ferreira, Graça Aparício, *Carlos Pereira\**

*\*Professor Dr, ESSV/IPV, Portugal*

Nurses need to reflect on the progress of family-centered nursing care practice. The evidence highlights the importance of nurses' interventions, recognizing the child/family as the focus of attention.

The purpose of this study is to identify empiric evidence resulting from family-centred care, once it's object of special attention for nurses, with the intent of reaching therapeutic goals for the hospitalized children and their parents.

Systematic review based on the Cochrane Handbook guidelines, about family-centered care, selected on MEDLINE/Pubmed, LILACS, SciELO and on Google Academic data bases, published in the last five years in Portuguese and English language and according to previously established inclusion / exclusion criteria. Two researchers evaluated the studies' quality.

The evidences show that, in order to be successful in the care of children, we have to be allied with the child/family using partnership, collaboration and negotiation. Consequently, and regarding this philosophy, the family-centered approach requires a change in the present nursing care perspective.

In Pediatrics, the family-centered care are not a new concept but represent an evolution in nursing care. A partnership needs to be establish between nurses and family, in order to obtain a closer and negotiated care, focusing on the child/family dynamic. To be successful Pediatric nursing needs to motivate teams, so that this philosophy is available to all families.

**Keywords:** Family, child, centered care, nursing, pediatrics.



# Bullying In School-Age Children

Joana Costa, Isabel Bica, Ana Andrade, Lidia Cabral, Carlos Albuquerque,  
*Jose Costa\**

*\* Master Student, Centro Hospitalar do Baixo Vouga, Aveiro*

Bullying has increased in recent years in Portuguese schools, according to APAV (2012, 2016), which justifies studying the behavior of children in school settings.

Descriptive and cross-sectional study in a sample of 72 children with a mean age of 8.22 ( $\pm 0.967$ ) at a school in the Center of Portugal. The data collection was done through a questionnaire about bullying in school. The questionnaire is adaptation of the Olweus (1989) questionnaire by Pereira and Almeida (1994), already validated for the Portuguese population.

Participants between 7 and 10 years of age, mostly boys (52.8%), 50% of the sample report being a victim of bullying, occurring in recreation in 41.3% of the victims. The most mentioned violent acts are verbal with 25% and physical with 20.8%. Most children are bullied by classmates and older students.

The results show that violence in school continues to be a concern, and preventive actions are essential to reinvent the school playground in order to promote socialization.

**Keywords:** Bullying, children, family, school.

# Assessment Of Pain Intensity: Agreement Between Children, Parents, And Nurses

*Luís manuel Cunha Batalha\**, Ana Filipa Domingues Sousa

*\*Professor Dr, Nursing School of Coimbra; Health Sciences Research Unit –Nursing, Coimbra, Portugal*

In Pediatrics, pain self-report is often impossible and the uncertainty about the validity and reliability of proxy report is a common problem.

To assess the level of agreement between children, parents and nurses' reports of pain intensity. A descriptive-correlational study was conducted in two health units. The sample was composed of 64 children (aged 5 to 17 years), their parents, and nurses. Pain intensity was measured using the Visual Analogue Scale and the Face, Legs, Activity, Cry, and Consolability scale. The level of agreement was assessed using the intraclass correlation coefficient.

A good level of agreement was found between self-report of pain intensity by children, parents, and nurses  $ICCI_{1,2}=0.77, 95\% (0.66-0.86)$ . The correlation for the child-nurse dyad was higher than the correlation for the child-parent dyad ( $r= 0.55$  vs.  $0.46$ ).

The good level of agreement in pain intensity assessment shows that parents and nurses' perceptions are overall good measures, although both of them underestimate the level of pain reported by children. Nurses need to receive more training and parents need to be educated in this area. In addition, further studies should be conducted to clarify this issue.

**Keywords:** Pain, assessment, child, parent, nurse.



# Quality Of Life In Children With Cancer

*Luís Manuel Cunha Batalha\**, Ananda Maria Fernandes, Diana Catarina Ferreira de Campos

*\*Professor Dr, Nursing School of Coimbra; Health Sciences Research Unit –Nursing, Coimbra, Portugal*

Most children with cancer survive due to aggressive treatments. The challenge for healthcare professionals is to ensure quality of life for these children and their families.

The objectives of this study were to describe the HRQoL of children with cancer, identify priority nursing care areas, and identify factors that influence the HRQoL of these children.

A descriptive and cross-sectional study was conducted in children aged 8 to 17 years with cancer who were admitted to two Portuguese pediatric cancer units. HRQoL was assessed using the self-report version of the PedsQL 3.0 Cancer Module. Mean scores, standard deviations, and Spearman's correlation coefficients were calculated and the Mann-Whitney U test for independent samples was used.

Overall, children's perceived HRQoL was  $66.0 \pm 13.3$ . The highest scores were found in the subscales Perceived Physical Appearance ( $79.0 \pm 11.2$ ) and Treatment Anxiety ( $79.0 \pm 27.2$ ), while the lowest score was found in the subscale Worry ( $39.2 \pm 28.1$ ). Children's perceived HRQoL was not influenced by variables related.

The children in this study had a lower perception of HRQoL. The lower score were found in the subscale Worry, which indicates the need for more information and support in this area. Although the variables under analysis did not influence children's perceived HRQoL, further studies should be conducted to clarify the influence of these factors and others.

**Keywords:** Child, Cancer, Nursing, Quality of life.

# Determinants Of Breastfeeding Interruption At Six Months Of The Baby's Life

*João Duarte\**, Manuela Ferreira, Ana Sousa, Graça Aparicio

*\*PhD Graduated, IPV, ESSV, CI&DETS*

Breast milk is uniformly accepted as the most complete and effective nourishment to ensure the baby's health and the clear benefits to the mother.

To identify evidences in the scientific literature about the breastfeeding interruption determinants until six months of the baby's life.

A systematic review was carried out searching in PUBMED, The Cochrane Library, Scielo data base and Google Academic, studies published between January 2010 and October 2015, based on previously defined inclusion criteria and selected studies were subsequently evaluated. After quality evaluation, four articles were included in the study corpus between 87.5% and 95.0% quality levels.

With meta-synthesis and analysis of the articles, it was identify that the factors that lead to the breastfeeding interruption at six months of the baby's life are: concerns about lactation, baby weight loss, blocked ducts, problems related to psychosocial management, lifestyle conflicts, inadequate positioning to latching-on, poor or weak milk complaint, breastfeeding pain, nipple cracks, breast engorgement and maternal anxiety.

Given the scientific evidence, the causes of breastfeeding interruption are multifactorial and are associated with mother's, baby's and health problems. The promotion of breastfeeding requires evidence-based education programs, to improved breastfeeding prevalence rates up at least into the six months of the baby's life.

**Keywords:** Breastfeeding, interruption at six months.



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