ABSTRACT BOOK

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3rd icH&Hpsy 2017 Chairs’ Message

Dear Colleagues,

We are delighted to welcome you to the 3rd International Conference on Health and Health Psychology that will be held in Escola Superior de Enfermagem do Porto (ESEP) - Nursing School of Porto in partnership with the Faculdade de Medicina da Universidade do Porto (FMUP) - Faculty of Medicine of the University of Porto on 05-07 July, 2017.

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 3rd 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 2017.

Assoc Prof Dr Sandra Cruz, PhD, Co-Chair of the 2017 International Conference on Health and Health Psychology
Associate Prof Dr at the Escola Superior de Enfermagem do Porto (ESEP) – Portugal
Member of CINTESIS - Center for Health Technology and Services Research

Prof Dr Wilson Abreu, PhD, Co-Chair of the 2017 International Conference on Health and Health Psychology
Associate Prof Dr at the Escola Superior de Enfermagem do Porto (ESEP) – Portugal
Evaluation Of Nursing Students’ Learning Styles In An Undergraduate Nursing Program

Jacqueline O’Flaherty*

Problem Statement
Findings suggest that one teaching model does not fit all in terms of student learning outcomes and satisfaction.

Research Questions
Are student learning outcomes improved by using different assessment activities tailored to individual learning styles?

Purpose of the Study
To identify students’ learning styles, based on Blooms taxonomy, and determine how these correlate with student learning outcomes and satisfaction.

Research Methods
Data were collected using pre- and post- questionnaires, critical thinking rubrics, focus group interviews, and analysis of student assessment grades.

Findings
Three distinct groups of students’ learning styles emerged which correlated well with students learning outcomes and final grades for the course. For example, in one group there was little student participation in online discussions, few read online resources before class sessions and reluctance to assume an independent role in their learning. Student learning outcomes were poorest in this group.

Conclusions
Strategies for selecting and delivering pre-class content, designing and implementing virtual classroom activities, and identifying and using assessments tailored to different learning styles to inform practice and improve student learning outcomes are described. Overall design considerations include instructor skill development, student buy-in, and institutional support for the model are discussed.
Hypericum Perforatum L Showed Antinociceptive Effects Through Opioidergic And Serotonergic System

Mojtaba Khaksarian, Ali Sonboli, Hossein Mahmoudvand*, Fereshteh Motamedi, Mohammad Javan

Problem Statement
There are some reports concerning the antidepressant effects of Hypericum perforatum L. (HP), but there are few studies indicating its antinociceptive effects of HP.

Research Questions
Here we hypothesized that Hypericum perforatum L have antinociceptive effects through Opioidergic and serotonergic system.

Purpose of the Study
The present investigations was aimed to evaluate the antinociceptive effects of Hypericum perforatum L and also assessment of mechanisms of actions on opioidergic and serotonergic systems in male rats.

Research Methods
In central administration, the HP (1 and 2 mg/rat, i.t.) induced analgesia in the tail flick and both phase of formalin test. The i.c.v. administration of HP (2mg/rat) produced analgesia in both phases of formalin test, while it had no effect on tail flick latency. Methysergide pretreatment inhibited antinociceptive effects of HP in both phases of formalin and tail flick tests. Naloxone inhibited antinociceptive effects of HP in both phase of formalin test, while it had no effect on tail flick latency.

Findings
In central administration, the HP induced analgesia in the tail flick and both phase of formalin test. The i.c.v. administration of HP produced analgesia in both phases of formalin test, while had no effect on tail flick latency. Methysergide and Naloxone inhibited antinociceptive effects of HP in formalin test, while it had no effect on tail flick.

Conclusions
The results showed that central administration its spinal effect seem be more potent than its cerebral effect. It seems that part of antinociceptive effect of HP it’s related to serotonergic and opioidergic systems.
Chronic Illness Stigma And Well-Being In Youth: The Mediating Role Of Support

Finiki Nearchou*, Amelia Campbell, Katie Duffy, Miriam Fehily, Holly Ryan, Eilis Hennessy

Problem Statement
A considerable amount of stigma-related health research has been conducted in school-aged and university students, yet few studies involved young people enrolled at further education colleges.

Research Questions
Does stigma influence social functioning and general health in students in Colleges of Further Education (CFE) and does social support mediate the influences of stigma?

Purpose of the Study
Stigma has been asserted as an important factor affecting well-being and social functioning in individuals living with chronic illness. The present study aims to investigate the role of social support on the consequences of stigma on general health and social functioning in students in CFE living with chronic illness.

Research Methods
Participants of this study (n = 55) are students in CFE in Ireland aged 18-25 years diagnosed with a chronic illness. Self-report measures were used to assess stigma, social support, social functioning and general health. Using Structural Equation Modeling (SEM) with 5000 bootstrapped samples a theoretical model was constructed and tested to answer the research questions of the study.

Findings
SEM revealed a good model fit to data \( \chi^2(1) = .027, p = .89 \). Stigma negatively influenced general health and social functioning in youth living with chronic illness. The bootstrapped mediational model showed that social support from family, friends and a significant other partially mediated the influence of stigma on social functioning but not on general health.

Conclusions
Stigma is an important element that negatively influences aspects of well-being in young adults living with chronic illnesses. Youth that perceive their environment more supportive tend to have less self-stigma attitudes and better functioning. Identifying and understanding how stigma operates in underresearched populations such as students in CFE can be used to design effective interventions.
The Relationship Between Social Supports And Mental States Of Individuals With Kidney Transplantation

Zeliha Yaman*, Mualla Yilmaz

Problem Statement
The patients who have undergone kidney transplantation have a lot of psychiatric problems and they have social supports this process.

Research Questions
Are there any relationship between social supports and the mental state of the patients who have undergone kidney transplantation?

Purpose of the Study
The aim of this study is to determine the relationship between social supports and the mental state of the patients who have undergone kidney transplantation.

Research Methods
The population of the study consisted of all the kidney transplant patients in Prof. Dr. Tuncay Karpuzoğlu Organ Transplantation Education Research and Training Center at Akdeniz University. The patients eligible fort he research criteria werees elected by Simple Random Sampling. The research data were collected between November 30, 2014- July 31, 2015. The data were collected through three forms: Information form which aims to identify the kidney transplant patients’ socio-demographic and disease features, Multidimensional Scale of Perceived Social Support and Brief Symptom Inventory. The data were analyzed using descriptive statistical methods (mean, standard deviation, frequency and percentage distribution as well as Kruskal-Wallis and Whitney-U tests for the comparison of the quantitative data.

Findings
The mean scores of the anxiety and depression subscale of the Brief Symptom Inventory were 6,81±8,29 and 8,31±9,14. It was determined that the total mean score of the Brief Symptom was 30,80±32,25. The mean score of the family support subscale of the Multidimensional Scale of Perceived Social Support and the mean total score were 6,81±8,29; 8,31±9,14. A negative weak relationship was determined between the Brief Symptom Inventory subscales, the Multidimensional Perceived Social Support subscales and the total score of the transplant patients.

Conclusions
It was found that the higher social support the kidney transplant patients get, the slightly less symptoms of anxiety, depression, negative self, somatization and hostility they experience. In accordance with these results, it is suggested that educational programs related to the patients’ mental state and social support should be organized, and also wider context studies with kidney transplant patients in different organizations in Turkey should be carried out.
Relationship Context And HIV/AIDS And Other Stis Prevention In Women

Ana Luísa Patrão*

Problem Statement
Women's anatomy and physiology place them at a higher risk of contracting HIV and other STIs compared to men. In addition, cultural and social issues increase women’s vulnerability.

Research Questions
How the relationship context creates vulnerability to HIV and other STIs in women?

Purpose of the Study
This descriptive literature review analyzed the different problems comprising relationship contexts as factors involved in the promotion of sexual health and the prevention of STIs in women.

Research Methods
Data were obtained from classic authors who reported on how gender roles and imbalances in male-female relationships interfere with the prevention of STIs in women. For this, a systematic search was made of databases included in the Biblioteca Científica Online (B-on).

Findings
Based on the selected articles evaluated, relationship-associated factors such as gender power imbalance, negative attitudes regarding condom use, and poverty and financial inequalities, as well as inadequate communication between partners were found to place women at risk of acquiring STIs. It is relevant to take relationship characteristics into consideration when designing interventions aimed at promoting sexual.

Conclusions
STI prevention programs should target both sexes and should focus strongly on increasing women’s capacity to negotiate and communicate with their partners.
Health Literacy And Pregnancy Surveillance

Manuela Ferreira*, Odete Amaral, Silvia Neto

Problem Statement
The health literacy of the is a determinant of health and quality of life. During pregnancy allows identification of symptoms that may affect the evolution of pregnancy.

Research Questions
What is the level of literacy of the Portuguese pregnant woman?

Purpose of the Study
To determine the level of literacy in health of pregnant women, identify the sociodemographic, obstetric and prenatal care associated with the level of literacy in health of the pregnant.

Research Methods
Cross-sectional study, quantitative, descriptive and correlational with nonprobabilistic sample, intended for convenience (n = 404 pregnant women) with a mean age of 32 years. The collection of data was carried out with application of a questionnaire consisting of sociodemographic questions, obstetrical and HLS-EU-EN-scale (National School of Public Health, 2014).

Findings
In the global HLS-EU-EN 36.9% of pregnant scale presented a problematic level of health literacy, 40.1%, 39.9% and 38.4% a sufficient level of literacy in the health care field health, prevention of disease and health promotion, respectively. The health literacy of pregnant is influenced by nationality (p = 0.048) place of residence (p = 0.000), educational level (p = 0.000), family income (p = 0.000), internet in residence (p = 0.000), planning and desire of pregnancy (p

Conclusions
We obtained a problematic level of Literacy in Health that was associated with several sociodemographic and obstetric variables. This improved result in pregnancy, it is essential for healthy motherhood and includes the development of skills and knowledge to the pregnant has decision-making power and autonomy to make free and informed decisions.
Adolescents’ Perception Of Risky Behaviour On The Internet

Kristina Žardeckaitė-Matulaitienė*, Ugnė Paluckaitė

Problem Statement
As usage of the Internet is just growing among young people, their engagement in risky behaviours online is increasing also. However, adolescents may not perceive these behaviours as risky.

Research Questions
1) How do adolescents perceive different forms of risky behaviour on the Internet; 2) Are there any demographical differences in adolescents’ perception of risky behaviour on the Internet?

Purpose of the Study
The purpose of this study is to find out if there are any differences in adolescents’ perception of risky behaviour on the Internet, regarding their age, gender, and engagement in online risky behaviour.

Research Methods
Research method – a questionnaire, based on variety of risky behaviour forms on the Internet (e.g. sexting; sharing personal photos). Students’ perceptions of risky behaviours online were measured on the scale from 1 (not risky at all) to 10 (very risky). 152 12 – 18 years old Lithuanian adolescents (63 boys and 89 girls) participated in the study.

Findings
Results of the study have shown that students perceive various forms of behaviour on the Internet as risky. Their risk perception differ according to their gender (girls perceive risky behaviours as riskier than boys), age (younger adolescents perceive risky behaviours as riskier than older ones), and engagement in risky behaviours online (those who engage less, rate behaviour as riskier).

Conclusions
Older male students and students who engage in risky behaviour online more often are less likely to recognize and perceive behaviours on the Internet as risky. More attention should be paid in educating adolescents about risky online behaviours.
Long-Term Effect Of The Social Skills Training Program For Second Graders

Kristina Žardeckaitė-Matulaitienė*, Miglė Motiejūnaitė

Problem Statement
The middle childhood is important period for reducing social and behavioral difficulties, though existing social skill training programs in Lithuania aren’t effective to help solving these problems.

Research Questions
Is social skills training program effective to improve second graders' interpersonal, self-control skills, ability to solve problems and conflicts; Does the effect remain after three months from the implementation?

Purpose of the Study
The aim of this study was to create and evaluate the short-term and long-term effect of the social skills training program based on the integrated theoretical model for second grade schoolchildren. The purpose of the program was to teach children nonverbal language, empathy, conflict resolution, and problems solving skills.

Research Methods
Social skills were measured using the Social Competence Scale in primary school and Strengths and Difficulties Questionnaire. 24 second grade students were chosen and divided in to two equal groups (experimental and control). The first screening was carried out before the activities, the second - one week after the activities, the third - 3 months after the training.

Findings
The results have shown that self-control and conflict resolution skills significantly improved in experimental group after the program, while interpersonal skills, ability to solve casual problems didn’t change significantly. Also, self-control skills became significantly better in three months after activities than before participating. In control group these skills didn’t change significantly directly after the program and three months later.

Conclusions
This study has shown that social skills training program can contribute significantly to the development of the second graders' conflict resolution skills and can have long–term effect on self-regulation skills. However, future studies should evaluate the social skills program using larger sample size and statistical tests which have higher statistical power.
The Relationship Between Non-Attachment And Mental Health Among Vietnamese Buddhists

Thi Minh Hang Nguyen*, Hoang Ngan Dang, Viet Hoang Nguyen

Problem Statement
There are evidences showing that those who practice Buddhism have positive mental health. However, such research is almost non-existent in Vietnam, a country that has a long Buddhist tradition.

Research Questions
What are relations between non-attachment and mental health (stress, anxiety and depression) in Buddhists and what is the most influential variable that affects non-attachment and mental health of Buddhists?

Purpose of the Study
(i) To examine relationship between non-attachment in Buddhism and mental health components (stress, anxiety and depression). (2) To explore, within the demographic and religious variables, the most influential variable that affects non-attachment and mental health of Buddhists.

Research Methods
Participants are 472 Buddhists (427 laypersons, 45 monks; 339 women and 130 men) from five sanghas located around Vietnam. Data was collected from January to April, 2016. Each participant was given a battery of measures comprised of: Non-attachment Scale; Depression, Anxiety and Stress Scale (DASS-42) and a demographic questionnaire.

Findings
There was a negative correlation between non-attachment and mental health in Buddhist. Three variables: Frequency of practice Dharma, Belief in Dharma, and Change of mind since practicing Dharma had correlations with non-attachment and mental health. Frequency of practice Dharma and Change of mind since practicing Dharma were the best predictors for Buddhist’ non-attachment and mental health.

Conclusions
Results showed that practicing non-attachment is a good way for individuals to attach less on what they had or thought they had, increasing their mental health. Practicing Buddhism had a strong relation with religious commitment, which helps individuals strengthen their beliefs in Buddhism and non-attachment, and become more free and happier without any external condition.
Quality Of Life Determinants In Children And Youth: Consequences For Socio-Educational Intervention

Francisco Mendes, Emília Martins*

Problem Statement
Quality of life is multidimensional. The study of its determinants in early age groups constitutes a starting point for socio-educational lines of action definition, relevant in physical and psychosocial well-being.

Research Questions
How do children and youngsters evaluate their quality of life? Are there differences due to sociodemographic, anthropometric, family or health variables?

Purpose of the Study
The study aims to analyze the levels of perceived quality of life in Portuguese children and youth and to compare them according to sociodemographic, anthropometric (e.g. body mass index BMI), family and health variables, in order to understand the consequences for the practice of Social Educator in intervention area.

Research Methods
In this ex post facto study had participated a convenience sample of 353 Portuguese children and adolescents with a mean age of 12.21 ± 2.92. The Portuguese version of KINDL was used to evaluate the quality of life and a sociodemographic questionnaire to assess the other variables. The non-parametric analyses were run in SPSS-IBM, assuming 95% confidence level.

Findings
Adequate levels of quality of life were found (92.00±12.23). There were encouraging results (p≤.05): in the youngest, except in the family subscale from the coastal area, in self-concept and family and from rural areas in total. BMI and perceived health were, respectively, negatively and positively related (p≤.05) to physical well-being and self-concept. Father's qualifications were associated with self-concept (rho=.15, p =.011).

Conclusions
The link between scientific research and psychosocial intervention is fundamental. Hence, the identification of factors with relevance in the quality of life of children and youngsters (e.g. age, residence area, body mass index, perceived health, parent's academic levels) will allow the definition of socio-educational intervention guidelines adjusted to the specificities of different groups of the population.
The Impact Of Cognitive Skills And Resilience In Social Education Student’s Profile

Emília Martins*, Rosina Fernandes, Cátia Magalhães, Francisco Mendes

Problem Statement
Constellations of cognitive factors (such as, analytic skills, solving problems), as well as other individual difference characteristics have been shown in the relevant literature to contribute to resilience.

Research Questions
Is there an association between resilience and cognitive development in a sample of Social Education (SE) students?

Purpose of the Study
The aim of this study is to analyse the association between resilience and cognitive development in a sample of Portuguese SE students in order to comprehend the impact of personal cognitive characteristics in the academic and professional adjustment.

Research Methods
This is a quantitative ex post facto study, with a convenience sample of 135 Portuguese students of the three years of Social Education degree (age, 23.01±7.10). It was used the Portuguese version Parker Cognitive Development Inventory, Resilience Scale and a social demographic questionnaire. We used the SPSS-24 for the statistical non-parametric analyses with significance at p≤.05.

Findings
The results showed a moderate level of resilience (mean 139.71±17.41); higher levels of relativism and commitment to dualism in SE students. Positive significant Spearman correlations (.28 ≥ rho≤.40) were found between levels of relativism and commitment in all subscales of resilience except optimism scale (p. ≤001) that has shown correlation (rho=.19) with dualism (p=.03).

Conclusions
There is a dearth of literature on cognition and resilience, and much more can be learned about the role of both in higher education. That leads us to these questions: Are the cognitive skills that promote resilience or only influence the perception of it? What’s the impact of promoting them in the skill profile of the Social Educator?
Problem Statement
An active lifestyle and healthy diet contribute to elderly’s longevity and quality of life. The relationship between them may be an important field to support prevention and health promotion programs.

Research Questions
Are individual's variables impact in elderly physical activity practice and nutritional status? Is there an association between physical activity practice and nutritional status?

Purpose of the Study
This ex post fact study aims to assess the relationship between physical activity practice and nutritional status, as well as the impact of elderly’s individual variables in them. Additionally, we want to reflect about the consequences in establishment of health promotion programs that includes physical activity and nutrition.

Research Methods
This is a quantitative non-experimental study, whose convenience sample included 184 Portuguese elderly (aged 73.59 ± 6.62) being 69% women, 26.2% lives alone and 66.3% in a rural area. We used the Modified Baecke Questionnaire (MBQ) and the Mini Nutritional Assessment Short-Form (MNA-SF). The descriptive and inferential analyses were made with the SPSS-24 and the confidence degree was 95%.

Findings
The women shows the highest scores in domestic activities, while in sports activities occurred among those not living alone. There was positive correlations between the subjective health and domestic and sports activities (r=0.24, p<.01 and r=0.2, p<.05) the nutritional status and health perception (r=.254, p<.001) as well as the nutritional status and household chores (r=.314, p<.001).

Conclusions
We found positive effects of physical activity in this sample and recommend the improvement of interventions both in this area and in the nutritional status, particularly in those living alone, as well as the promoting the men participation in household activities and the collective practice of sports. Additionally, a good nutrition seems to benefits from a reinforcement of social interactions.
**Zataria Multiflora Boiss Improves Learning And Memory Impairment Induced by Toxoplasmosis**

_Hossein Mahmoudvand*_*, Mojtaba Khaksarian, Khadijeh Esmaeilpour, Naser Ziaali, Sareh Jahanbakhsh

**Problem Statement**
The epidemiological investigations in humans and also experimental studies in animals confirmed that Toxoplasma gondii infection (toxoplasmosis) might be caused some behavioral disorders such as learning and memory impairment.

**Research Questions**
We hypothesized that the administration of Zataria multiflora essential oil (ZMEO) with proven anticholinesterase properties might improves learning and memory impairments induced by Toxoplasma gondii infection in BALB/c mice.

**Purpose of the Study**
Here, we evaluated the effect of Zataria multiflora essential oil to ameliorate learning and memory impairments induced by Toxoplasma gondii infection in BALB/c mice.

**Research Methods**
Toxoplasmosis was established by the intraperitoneal inoculation of Tehran strain of T. gondii. ZMEO at the doses of 0.1 and 0.2 ml/kg was administrated orally once a day for two weeks. Morris water maze task was used to examine spatial learning and short term spatial memory. Sub-acute toxicity of ZMEO was also evaluated in BALB/c mice.

**Findings**
Toxoplasmosis significantly increased the traveled distance, escape latency; whereas decreased distance and time in the target quadrant also crossing number. Obtained results showed ZMEO particularly at the dose of 0.2 ml/kg improved learning and memory impairments induced by toxoplasmosis. No significant difference in the clinical chemistry and hematological parameters was observed following administrations of ZMEO for 14 days.

**Conclusions**
T. gondii infection probably via increasing acetylcholinesterase (AChE) decrease the level of acetylcholine (Ach) and accordingly affects learning and memory function in infected mice, whereas, Z. multiflora essential oil as an AChE inhibitor ameliorates these impairments most likely through returning ACh levels.
Psychosocial Predictors Of Depression In Elderly Patients Of A Brazilian Health Unit

Ana Luísa Patrão*, Vicente Paulo Alves, Tiago Sousa Neiva

Problem Statement
In community, depression reaches from 30% to 45% of the elderly people. Many researches have reported that depression is associated to a set of psychosocial factors.

Research Questions
Are social support and self-efficacy predictors of depression in the elderly people studied?

Purpose of the Study
The objective of this article is to confirm if the perceived social support and the general self-efficacy are predictors of depression in the elderly people studied.

Research Methods
The sample is constituted by 144 elderly people (M age=69.3; SD=6.61) of both sexes. The data were collected through a questionnaire which included socio-demographic questions and scales for the studied psychosocial dimensions.

Findings
The results showed that the perceived social support and the self-efficacy are predictors of depression in the studied Brazilian elderly.

Conclusions
Future interventions under the scope of mental health promotion and depression prevention in elderly people must consider these determinants as a way to increase their efficacy.
Emotional Competences And Promotion Of School Success: Preliminary Data Of An Intervention Programme With Parents

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

Problem Statement
In the literature, there are references to various intervention programs, with the purpose of altering parents' practices, attitudes, and beliefs, which show evidence of a significant improvement of these personal competences, relationships with children and school success. An intervention with the parents was therefore carried out, which integrates a broader line of research, also involving teachers and students.

Research Questions
This consists in the implementation of a program of promotion of personal competences (well-being and emotional intelligence) and parental skills (educational and relational strategies), during a half year, in which a pre-test is carried out followed by program implementation and a post-test to compare the results.

Purpose of the Study
The instruments used in the two moments of the research were included the questionnaire to obtain sociodemographic data, the PANAS Scale (Positive and Negative Affect Schedule), the Satisfaction with Life Scale (SWLS) and the Emotional Intelligence Scale (WLEIS).

Research Methods
The preliminary, action-research study involved 5 parents from two classes with pupils who showed disruptive behaviors in the 7th year of schooling of a school in the central region of Portugal. Parents are between the ages of 34 and 43 and between the schooling of 6 and 12.

Findings
The parents showed a very favorable perception regarding their participation in the program, considering that it helped them perceive some behaviors and practices less adjusted to their performance, at home (shouting, scolding, etc.).

Conclusions
From the pre-test to the post-test, there were statistically significant differences in the evaluation of one's own emotions and their use, as well as evidence of an improvement in positive affects and satisfaction with life. Preliminary data on this parental empowerment program point to the importance of raising awareness about its action, as well as the need to change traditional educational practices that contribute to the demobilization of children in the face of school tasks. The need to establish closer and more systematic contact with teachers was also highlighted in order to meet their needs and expectations.
Hypericum Perforatum L Showed Antinociceptive Effects Through Opioidergic And Serotonergic System

Mojtaba Khaksarian*, Ali Sonboli, Fereshteh Motamedi, Mohammad Javan, Masoomeh Nazari

Problem Statement
There are some reports concerning the antidepressant effects of Hypericum perforatum L. (HP), but there are few studies indicating its antinociceptive effects of HP.

Research Questions
Here we hypothesized that Hypericum perforatum L have antinociceptive effects through Opioidergic and serotonergic system

Purpose of the Study
The present investigations was aimed to evaluate the antinociceptive effects of Hypericum perforatum L and also assessment of mechanosm of actions on opioidergic and serotonergic systems in male rats.

Research Methods
For assessment of its site of antinociceptive action and related systems, HP was filtered and administered both intrathecally (i.t.) and intracerebroventricularly (i.c.v.). For evaluation of probable role of serotonergic and opioidergic systems, methysergide and naloxone were used respectively.

Findings
The HP (1 and 2 mg/rat, i.t.) induced analgesia in the tail flick and both phase of formalin test. The i.c.v. administration of HP (2mg/rat) produced analgesia in formalin test. Methysergide inhibited antinociceptive effects of HP in formalin and tail flick tests. Naloxone inhibited antinociceptive effects of HP in both phase of formalin test.

Conclusions
The results showed that central administration its spinal effect seem be more potent than its cerebral effect. It seems that part of antinociceptive effect of HP it’s related to serotonergic and opioidergic systems.
Binge Eating Disorder In Adolescence: The Role Of Alexithymia And Impulsivity

Giulia Ballarotto*

Problem Statement
Binge Eating Disorder (BED) is a disorder, recently included in DSM-5, often present in adolescence. Several studies highlight that adolescents with BED had high levels of impulsivity and alexithymia.

Research Questions
Even though studies have underlined the importance of these variables, no studies have investigated their role on emotional-behavioral functioning of adolescents diagnosed with BED.

Purpose of the Study
This study proposes to verify if adolescents affected by BED show higher levels of alexithymia and impulsivity than adolescents without diagnosis, and what is the role of these variables on adolescents’ emotional-behavioral functioning.

Research Methods
Thanks to the collaboration with clinical centers for eating disorders, a group composed by 60 adolescents diagnosed with BED (Group B) was paired to a 60 adolescents without diagnosis (Group Con). Participants completed validated self-report questionnaires investigating alexithymia, impulsivity and the emotional-behavioral functioning.

Findings
Adolescents diagnosed with BED (Group B) showed higher scores on alexithymia and impulsivity than adolescents without diagnosis. Moreover, Group B show more difficulties in internalizing and externalizing problems than Group Con. Furthermore, regression analysis show that the effects of impulsivity on emotional behavioral functioning in adolescents affected by BED are mediated by alexithymia.

Conclusions
These results show that alexithymia is a key variable influencing the emotional-behavioral functioning of adolescents affected by BED. Further studies are needed to also check other variables that might lead to the onset of BED, but our findings can help clinicians suggesting the importance of promoting prevention and treatment polices focused on alexithymia.
Dopamine Transporter And Transmission Of Psychopathological Risk. A Review Of Gene-Environment Interplay

Eleonora Marzilli*, Giulia Ballarotto, Silvia Cimino, Luca Cerniglia, Walter Adriani, Esterina Pascale

Problem Statement
Research underlines that the intergenerational transmission of psychopathological risk results from a complex interplay of genetic and environmental risk factors which act cumulatively, predisposing child to develop emotional-behavioral problems.

Research Questions
Mechanisms by which parents can transmit psychopathological difficulties to their children are poorly understood, but few studies have examined genetic disruption of dopamine transporter and its implication in psychopathological risk.

Purpose of the Study
This review aims to examine mediating mechanism of genotype-environmental interaction (GxE), and genotype-environmental correlation (rGE) involved in transmission of psychopathological risk, considering the specific role played by dopamine transporter (DAT) gene. Finally, we’ll discuss epigenetic mechanism of DNA methylation through which environmental influences can alter the expression of the genome.

Research Methods
The review of international literature was made through researches in university libraries on paper material, and telematics systems research. Particularly useful database were ProQuest, PsyArticles, PsyInfo, PubMed, together with the use of Scopus index to verify the papers’ scientific relevance.

Findings
Gene-environment studies underline that DAT is implicated in the intergenerational transmission of psychopathological risk, especially in externalizing area. Although finding are mixed regarding its genetic variants, mechanisms through which this gene can affect both quality of parent-child interactions and child emotional-behavioral functioning are partially established. A small body of studies have focused on methylation mechanisms that can be implicated.

Conclusions
Gene-environment interplay framework in the field of developmental psychopathology seems to prove fruitful in increasing our knowledge of child psychopathological risk. Findings suggest to involve an improved focus on DAT genotypes, DNA methylations associated, and their relationship with environment to better understanding child’s vulnerability and resilience.
Somatoform Symptoms In Adolescents Who Visit Emergency Department: Alexhythimia And Defensive Strategies

Eleonora Marzilli*

Problem Statement
Somatoform symptoms (recurrent tension headache, abdominal pain, gastrointestinal symptoms, and others medical unexplained somatic symptoms) represent one of the most common causes of access to emergency department (ED) in adolescence.

Research Questions
As regard adolescents’ somatoform symptoms, research has limitedly focused on difficulties in identifying and coping with their own emotions, considering the access rate to an ED.

Purpose of the Study
The present study aims to verify whether adolescents suffering from somatoform symptoms show difficulties in identifying and describing their own emotions and using specific defense strategies; whether a higher rates of access to ED are associated with more alexithymic traits and a massive use of defense strategies.

Research Methods
Adolescents (range age: 15-24 years) who visited an ED for somatoform symptoms (N=37) or who accessed to an ED for somatoform symptoms in the past (N=37) were selected and completed self-report questionnaires assessing difficulty in identifying and describing emotions, and use of defense strategies. A control group of adolescents from general population was paired.

Findings
Adolescents who visited an ED for somatoform symptoms showed more alexythimic traits and a higher use of maladaptive defense strategies respect to control group. Higher rates of access to ED are associated with more use of repression, but only for adolescents who accessed to an ED in the past. Finally, alexithymic characteristics are associated with use of specific defense strategies.

Conclusions
Our finding confirm that ED is one of the most used services of adolescents suffering from somatoform symptoms, with higher healthcare costs involved. In this perspective, ED visits are to be interpreted as adolescents’ unconscious request to receive psychological help. This suggests the planning of prevention programs based on the promotion of the capacity of identifying and reflecting on emotions.
Comparison Of The Glycoprotein Antigenic Sites Of Some Rabies Virus Vaccinal Strains

Mehdi Ajorloo*, Alireza Gholami, Masoomeh Moradi, Bahareh Rahimian Zarif, Ashkan Alamdary

Problem Statement
Rabies is a viral disease that causes acute encephalitis in humans or animals. Effective vaccine can use for pre and post exposure prophylaxis.

Research Questions
Glycoprotein indicates main role in pathogenicity and immunogenicity thus variation in genetic sequence of this gene cause to variation in properties of antigenic and pathogenic of rabies virus.

Purpose of the Study
Therefore, in this study, we analyses the antigenic sites on the glycoprotein of the strains that used in vaccine manufacture and testing of control compared to wild type strain

Research Methods
In this study we have been used RT-PCR technique to determine the genetic sequence of these strains.

Findings
Phylogenetic analysis showed that the wild strain was related to genotype 1 (classical rabies virus) and shared a higher homology with the street viruses found in Iran and the region.

Conclusions
Further comparison of the deduced amino acid sequences between the wild type and several vaccinal strain showed that the virus had a higher homology with the vaccinal strain PV that used to make vaccines in the country.
Psychological Aspects Of Well-Being And Socio-Demographic Values: Results From European Social Survey

Andrius Smitas*, Loreta Gustainiene

Problem Statement
There is no comprehensive analysis which demonstrates links between certain aspects of subjective and psychological well-being and socio-demographic values in 25 socially different European countries.

Research Questions
How happiness, optimism, meaningfulness, psychological resilience, as aspects of psychological and subjective well-being, relate to socio-demographic variables in 25 European countries?

Purpose of the Study
The aim of the study is to investigate the relationship among happiness, optimism, meaningfulness, psychological resilience, as aspects of psychological and subjective well-being, and socio-demographic variables in 25 European countries.

Research Methods
Experts-generated single-item questions from European Social Survey round 6 were used to assess happiness, optimism, resilience, meaningfulness in life and socio-demographic variables, such as age, years of completed education and main activity.

Findings
Greater number of years of completed education and higher occupation level relates to higher scores of happiness, optimism, meaningfulness and resilience in most European countries. However, in Western Europe and Scandinavian countries age either does not relate or positively relates to psychological aspects of well-being, however in most Post-Soviet countries this relationship is negative.

Conclusions
Psychological aspects of well-being differ with regard to EU regions calling for more attention to more full-scale research studies which would probably stimulate changes in social policy of certain EU countries.
Eating Behavior, Mental Health And Degree Of Physical Activity In Medical Students

Petreanu Manuela, Mirica Alexandra, Mirica Radu, Petreanu Adrian Gheorghe*

Problem Statement
Medical students have an increased risk of developing psychological and eating disorders due to the academic stress and the degree of physical activity could influence all of this.

Research Questions
The stress during the exam session affects eating attitudes, mental health and physical activity index?

Purpose of the Study
The aim of the study was to analyse the eating behaviors, mental status and grades of physical activity before and during exam session in medical college students.

Research Methods
We performed an analytical observational study in a population of 78 undergraduate 1st and 2nd year medical students (66 girls and 12 boys). Eating-related attitudes were studied using the EAT-26 questionnaire. Anxiety and depression scores were evaluated with GAD7 and PHQ-9 questionnaires. Physical activity index was also assessed. All of the questionnaires were given before and during exam session.

Findings
The scores of EAT 26 questionnaire reflect a normal reporting of dieting attitudes, regardless the time of evaluation. Regarding assessment of anxiety (GAD7) and depression (PHQ-9) questionnaires there has been an increase in the number of cases of severe anxiety and depression during the exams session. In addition, the physical activity index dropped significantly during the exams period.

Conclusions
The academic and psychological stress during the exam session affects the mental status of the medical students causing an increase in the anxiety and depression scores. Also, the physical activity diminishes, emphasizing their psychological state. No significant changes in eating behavior were observed.
The Benefits Of Postgraduate Therapeutic Education In Diabetology In The Czech Republic

Pavla Kudlova*, Rudolf Chlup, Jana Zapletalova

Problem Statement
At Teaching Hospital Olomouc, postgraduate courses for diabetes therapeutic educators are based on the recommendations of the Diabetes Education Study Group of the EASD.

Research Questions
Does the postgraduate course improve the knowledge and skills of graduates?

Purpose of the Study
The purpose of this prospective study was (1) to determine the level of the graduates’ knowledge and skills at the end of the courses, (2) to assess their retention of knowledge after an interval of 3 months and (3) to verify the reliability of the applied knowledge tests.

Research Methods
During the years 2010-2014 five courses were taken by 88 healthcare professionals from different departments aged 21 through 69. Each course consisted of 80 lessons, 8 modules and finished with a knowledge and a practical test. The knowledge test was repeated after 3 months. The reliability of the knowledge test was tested using Cronbach’s alpha and the split-half method.

Findings
The participants achieved 92.5% to 98.8% of the maximum knowledge points, while attaining 95% of the required practical skills. Three months later the level of knowledge had fallen to 88.8 % - 93.8% (p < .0001). The tests reliability at the end of the courses was .727, while 3 months later it increased to .999.

Conclusions
Hence, the interactive education method is highly effective in terms of teachers’ training. After 3 months the level knowledge had dropped by around 5%. Health care organizations should prefer such courses.
Psychophysiological Peculiarities And Learning Motivation Of Students With Learning Disorders

Juris Porozovs*, Daina Voita, Irena Trubina, Toms Voits, Alvis Valdemiers

Problem Statement
Learning disorders, which could depend on persons' psychophysiological peculiarities, often cause different learning problems. These problems could impair students' learning motivation and worsen students feeling in school.

Research Questions
Are learning disorders connected with psychophysiological parameters of students, do learning disorders influence students’ learning motivation and their feeling and mood in school?

Purpose of the Study
The purpose of the study was to evaluate connection between psychophysiological peculiarities of persons with leaning disorders, their learning motivation, interest about different subjects, reasons that cause aversion to learning, possibilities to concentrate for learning and their feeling and mood in school.

Research Methods
Psychophysiological parameters (ability to concentrate attention and non-verbal general intelligence) of students with learning disorders were compared with the same age and school students from control group using Vienna Test System tests. Surveys of both student groups about their learning motivation, interest on different subjects, reasons causing aversion to learning and mood and feeling in school were carried out.

Findings
The control group students showed better results in Vienna tests in comparison with students with learning disorders. Control group students worked more accurately and faster, their abilities to concentrate attention and analyse different spatial shapes was higher. Survey of students showed that at the same time learning motivation of students with learning disorders is rather high.

Conclusions
Students learning disorders are closely connected with their psychophysiological peculiarities. Students’ with learning disorders learning motivation and interest on different subjects is very important. Teachers must pay special attention to improvement emotional state and learning motivation of students with learning disorders. If teachers find methods to motivate students with learning disorders, they feel in school quite well.
Quality Of Life Of Patients With Chronic Obstructive Bronchopulmonary Disease

Pavla Kudlova*, Zuzana Brozova

Problem Statement
Chronic obstructive bronchopulmonary disease (COPD) is characterized by not fully reversible progressing bronchial obstruction connected to abnormal inflammatory response to adverse particles or gases. The consequences are grave.

Research Questions
Is there a connection between the perception of the quality of life and COPD determinants?

Purpose of the Study
The purpose of this study was to determine the quality of life of patients with COPD in connection to the gravity of the disease, its length and treatment.

Research Methods
The data was acquired using standardized questionnaires: Medical Outcome Study Short Form-36 (SF-36) to assess the quality of life, Medical Research Council (MRC), modified dyspnoea scale, the Nottingham screening questionnaire for malnutrition risk assessment. 120 respondents partook in this research at the Clinic of Pulmonary Diseases and Tuberculosis – 61 men/59 women with COPD aged 30–92 (64 on average).

Findings
The respondents' physical and mental health were assessed in 8 dimensions. Patients with the 3rd–4th stage of COPD feel significantly limited in the physical health dimension. Patients diagnosed with COPD more than 6 years ago feel less vital than patients diagnosed one year ago. Undergoing rescue treatment has an impact on social activity.

Conclusions
The quality of life rapidly worsens in the 3rd and 4th stages of COPD in the physical activity dimension, general health assessment, vitality and social activity. However, the results can not be generalized. We will continue working on this study.
Family Functioning And Emotional Difficulties In Parents And Adolescents

*Giulia Ballarotto*, Eleonora Marzilli, Michela Erriu, Luca Cerniglia, Silvia Cimino

Problem Statement
Adolescence is a period of intense change, which also involves changes within the family system. However, the perception of family functioning may be different among family members.

Research Questions
Few studies have investigated the association between the perception of family functioning and adolescents’ emotional difficulties.

Purpose of the Study
This study aims to verify whether there are differences between mothers, fathers and adolescents in perception of family functioning. Moreover, we wanted to verify whether parents’ perception of family functioning and their psychological profiles have an effect on adolescents’ psychological profiles and their ability to identify and describe feelings.

Research Methods
Sample was composed by 220 families with adolescents (99 males and 121 females; average age=16,08; ds: 1,52), contacted through high schools in the Center Italy. Self-report questionnaires, to evaluate perception of family functioning, psychological profile and difficulties in identifying and describing feelings, were administrated to adolescents, mothers and fathers.

Findings
Results show significant differences in perception of family’s communication. Mothers percepts higher levels of communication than other family components. Analysis showed correlations on psychological profiles and difficulties between parents and adolescents. Moreover, results show that mothers’ and fathers’ psychological profiles predict adolescents’ psychological profiles. Finally, parents’ difficulties in identifying and describing feelings and externally-oriented thinking predict adolescents’ alexithymic difficulties.

Conclusions
Our results show that parents’ perception of family functioning doesn’t predict adolescents’ psychological profiles. However, it seems that parents’ psychological and emotional difficulties have an effect on the ability of adolescents to identify their emotions. Our findings can help clinicians to suggest the importance of treatment focused on psychological difficulties that could change family perceptions of family functioning.
Can We Predict Future Traffic Offenders By Pre-Driver's Risky Driving Attitudes?

Kristina Žardeckaitė-Matulaitienė*, Justina Slavinskienė, Laura Šeibokaitė, Auksė Endriulaitienė, Rasa Markšaitytė

Problem Statement
Early prediction of future traffic offenders by psychological factors is highly relevant in risky driving research field due to overrepresentation of novice drivers in the accidents on the road.

Research Questions
Do attitudes towards risky driving are significant in prediction of future traffic offenders?

Purpose of the Study
The purpose of this study is to find out if attitudes towards risky driving measured before driving license can predict if pre-driver will become traffic offender during the first year of driving.

Research Methods
A longitudinal study was based on online self-report questionnaire and police records. The Scale of Risk-Taking Attitudes to Driving was used to measure six different attitudes towards risky driving. Demographic data, information about success in driving exams (theoretical, practical) and committed traffic rules violations during the first year of independent driving were collected. 598 pre-drivers participated in the study.

Findings
Results showed that different types of pre-drivers' attitudes towards risky driving were distributed unevenly. Attitude towards showing off driving skills was dominating; and attitudes towards drunk driving and traffic rules violations were least expressed. Gender differences in attitudes were also found with males having riskier attitudes. However, none of the attitudes were significant in prediction the future traffic offenders.

Conclusions
The main result of this study revealed that attitudes towards risky driving were not significant for prediction of future traffic offenders. These results imply that other psychological factors (e.g. difficulties of emotional regulation while driving) should be encountered as important predictors of risky behavior on the road among novice, inexperienced drivers.
Potential Predictors Of Perceived Stress In Helping Profession

Jana Nezkusilová*, Margita Mesárošová

Problem Statement
The aim of this study is to explore perceived stress of an individual working in helping profession, potential predictors and mediators of this stress.

Research Questions
The study examines the effect of past traumatic experience, perceived mental pain, adult attachment behavior and their contribution toward present perceived stress in psychologists and social workers.

Purpose of the Study
Helping professionals often experience stress in their daily routine. Purpose of the study is to examine connection between past negative experience and current stress perception, explaining potentially preventive role of secure adult attachment and self-regulation of self-care in resulting stress perception.

Research Methods
Adult Attachment behavior - Experience in Close Relationships revised ECR-R (Fraley, 2000). Past traumatic experience – Single item was used to measure frequency of strong negative incidents experienced before the individual started working in helping profession Mental pain – Single item measure Global Measure of Perceived stress (Cohen, Kamarck, Mermelstein, 1983) Self-regulation of self-care

Findings
Hypotheses were tested on psychologists and social workers using mediation models. Results suggest that past traumatic experience predicts current mental pain perception. Professional helpers’ anxious dimension of adult attachment style partially mediates relationship between perceived mental pain and perceived stress. Avoidance dimension of adult attachment style is related to perceived stress indirectly, through self-regulation of self-care.

Conclusions
Examining perceived stress and potential predictors enables researchers to suggest development of intervention programs and supervision aimed at specific needs of these helpers that experienced trauma.
Quality Of Life Of Specialists Working In The Arctic

Valentina Davydova, Agrafena Makarova*, Valentina Lukina

Problem Statement
The specific factors of the development of Yakutia include: extreme climatic conditions, inaccessibility of territories, high cost of living, increased spending of the budget for the social sphere.

Research Questions
To determine the factors affecting the satisfaction with the quality of life, to reveal the dominant mental state.

Purpose of the Study
To reveal the factors influencing the satisfaction with the quality of life and the dominant mental state.

Research Methods
Modified scale on the basis of questionnaires assessing the quality of life Z.F. Dudchenko and "Assessment of the level of satisfaction with the quality of life" N.E. Vodopyanova, a technique for determining the dominant state by Kulikov.

Findings
The methodical tools for assessing readiness for work in the Arctic have been adapted, the scales of the assessment of the quality of life have been modified. New empirical knowledge about satisfaction with the quality of life, factors of psychological readiness of highly skilled specialists for work in the Arctic for further implementation of applied research.

Conclusions
The results of the assessment of satisfaction with the quality of life of respondents from the Arctic regions show that satisfaction with their family and relationships with loved ones is an important factor affecting the subjective satisfaction and psychological well-being of people working in the conditions of a polar night and low temperatures.
Development of a Silhouette Scale for Bariatric Surgery (ESCO): Preliminary Study

André Ferreira*, Anabela Pereira

Problem Statement
In Portugal, there are no silhouettes scales specifically designed to assess body image of bariatric surgery candidates, who have higher BMIs than most community subjects.

Research Questions
Is ESCO (Escala de Silhuetas para Cirurgia da Obesidade) capable to obtain body image dissatisfaction indicators from candidates to bariatric surgery?

Purpose of the Study
This study main goal is to evaluate the applicability of Obesity Surgery Silhouettes Scale (Escala de Silhuetas para Cirurgia da Obesidade – ESCO), specifically created to assess body image of patients candidates to/who underwent, bariatric surgery in the Portuguese population and, to describe the procedures involved on its development.

Research Methods
There were use mixed methods, this is, qualitative and quantitative methods.

Findings
In the clinical sample, ESCO was administered to 3 men and 17 women. ESCO's mean answering time was 28 seconds and mean body image dissatisfaction (BID) was 5.2. In the community sample, ESCO was administered to 2 men and 8 women. ESCO's mean answering time was 10.7 seconds and mean body image dissatisfaction (BID) was 1.5.

Conclusions
ESCO is very fast to administer and seems capable to obtain body image dissatisfaction indicators, useful to design specific psychological counseling programs for each patient candidate to/who underwent bariatric surgery. In future research, ESCO must be administered in a representative sample of the population of bariatric surgery candidates, in order to validate the scale for the Portuguese population.
Preventive Measures Of Venous Thromboembolism In The Hospitalized Patient: An Integrating Literature Review

Carlos Albuquerque*, Carla Costa, Rosa Martins, António Madureira-Dias

Problem Statement
In the hospital setting, venous thromboembolism (VTE) is a concern because of its high prevalence rate. It is estimated that one in twenty inpatients is at risk for pulmonary embolism.

Research Questions
What are the non-pharmacological measures recommended for the prevention of venous thromboembolism in hospitalized patients?

Purpose of the Study
The objective of this study is to identify the non-pharmacological measures recommended to prevent venous thromboembolism in inpatients.

Research Methods
An integrative literature review was performed using the PI[C]OD method by searching the following databases: EBSCO host, PubMed, JBI, PEDro, Elsevier- ClinicalKey, Scielo and Google Academic studies published in the period 2006-2016. From the research were included five articles that met the inclusion criteria.

Findings
Mechanical methods: graduated compression stockings and intermittent pneumatic compression devices; and nursing care: early mobilization and ambulation were identified as preventive measures of VTE.

Conclusions
The studies suggest several benefits of using non-pharmacological measures to prevent venous thromboembolism. The differentiated intervention of the nurse specialist in rehabilitation integrated in the multidisciplinary team can be an added value in the adequacy of these measures.
Strategies for the Prevention of Work-Related Musculoskeletal Injuries: Systematic Review of Literature

Carlos Albuquerque*, Carla Santos, Rosa Martins, Madalena Cunha

Problem Statement
The work-related musculoskeletal disorders (WMSDs) affect a large number of nurses decreasing their's life quality and are considered a true public health issue, hence the importance of the study.

Research Questions
What are the most effective strategies for the prevention of work-related musculoskeletal injuries in nurses in a hospital setting?

Purpose of the Study
The main goal of the study is to identify which are the most effective strategies to prevent the work-related musculoskeletal in nurses in a hospital context.

Research Methods
We chose to create a secondary and retrospective study, following the methodology of a systematic review of the literature proposed by the Cochrane Handbook. The research of corpus studies was carried out in the databases of PubMed, B-On, Scielo, Medline Complete, in the period between 2005-2016. In compliance with the validation criteria, 6 primary studies were selected and analysed.

Findings
It was found that multifactorial intervention programs, with a systemic and integrated approach to work situations, are those that confer more benefit, both in terms of their implementation and in terms of cost-benefits. This type of program involves organizational policies and training sessions and specific training in order to enable nurses to provide better health care with less risk.

Conclusions
The results obtained evidenced the need for an early implantation of this type of WMSDs prevention programs, where the intervention of the rehabilitation nurse, with the multidisciplinary teams, will certainly play a fundamental role.
Level Of Overloading And Difficulties Of Informal Career

Carlos Albuquerque*, Catarina Almeida, Rosa Martins, Ana Andrade

Problem Statement
With the increase of life expectancy and chronic disease’s emergence, family and friends have a role of extreme importance in the continuity of care. This can lead to physical, psychological, emotional, financial and social problems that can affect the caregiver’s well-being.

Research Questions
What are the determinants that influence the level of overload and difficulties experienced by the informal caregiver of the dependent person?

Purpose of the Study
The main objective is to identify the level of overburden and difficulties experienced by informal carer of dependent people and the variables that influence them.

Research Methods
This study is characterized as being quantitative, descriptive, correlational and transversal, using a non-probabilistic, accidental and convenience sample and comprising 71 informal caregivers, mostly female (64.79%), and with an average age of 53.73% (Dp= 12.001). The instruments included: Barthel Index; Scale of Social Support; Questionnaire of the Evaluation on the Informal Carer’s overburden and Evaluation Index of Carer’s Difficulties.

Findings
The results showed that sociodemographic characteristics do not influence the overburden and difficulties felt by caregivers. However, as for the "degree of dependence in BADL’s" and the "perception of their health state", the group of caregivers of people with severe or total dependence and those with less understanding of their health state, demonstrates the highest rates of difficulties and overburden. The same situation happens - regarding the "family functionality" and "social support"- when you have informal caregivers in families with severe dysfunction and low social support.

Conclusions
The results revealed the existence of crucial factors on caregiver’s overburden, hence the importance of a multidisciplinary approach based on supportive programmes - monitoring and giving personalised guidance to these caregivers - highlighting the need to increase the well-being of these people.
Roles And Responsibilities Of Nurses Struggling With Substance Abusers

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Aim: In this review, it is aimed that individuals who are addicted to substance have problems with stigma and nursing approaches to these problems reviewing in the light of the literature and presenting updated information about the subject.

Material and Method: The study was conducted by checking the literature Turkish and English database "substance abuse, stigma, nursing, care, struggle" key words were scanned.

Findings: In general, the negative attitudes that are towards individuals who are addicted to substance makes it difficult for them to heal and integrate into social life. Individuals who are addicted to substance are exposed to stigma not only by society but also by health professionals.

Result: While working with patients using substance, nurses must understand discrimination, ethics, professional, legal practices and be aware of their attitudes and behaviors in order to ensure proper care for all their patients. Nurses who have an important role in the prevention of addiction and during the treatment process in the team have a core role in their qualifications and knowledge levels in providing quality, accessible and evidence-based care for substance addicted individuals.
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