

other hand, the female gender uses social support, with statistical significance ($p = 0.001$).

Conclusions

Coping strategies that students most commonly use are “control” and “social support”, where male participants rely more on “control”, and female on “social support”. We could also conclude that older students use “control” more often and it's verified a positive relation between “control” and age.

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Keywords

Psychological adaptation, students, college

P41

Emotional intelligence and mental health stigma in health students

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Background

Health professionals need good emotional intelligence to deal with patients, and to have effective communication, attending patients' physical, mental and emotional and needs. Having good emotional intelligence leads to a positive attitude towards mental health patients. Objectives: The aim of this study is to find the relation between mental health stigma and emotional intelligence in students of a Portuguese health college.

Methods

This is a quantitative, descriptive and correlational study, with a non-probabilistic sample of 672 students of a Portuguese health college in a central region, which comprises students of Nursing, Dietetics, Physiotherapy, Speech Therapy and Occupational Therapy. To collect data, a questionnaire was used composed of sociodemographic questions, the Portuguese version of the Attribution Questionnaire (AQ-27) and the Emotional Intelligence Scale (WLEIS-P).

Results

The sample is mainly composed by female students (82.7 %) with ages between 17 and 56 years old. The mental health stigma was moderate (4.19; SD=0.732), and emotional intelligence is good (3.62; SD=0.422). A negative correlation was found ($R = -0.081$; $p = 0.037$) between help and emotional intelligence. Help ($R = -0.152$; $p = 0.000$) and avoidance ($R = -0.121$; $p = 0.002$) have also a negative correlation with the emotional assessment of the other person, and pity is correlated with self-emotional appraisal ($R = -0.088$; $p = 0.022$). Dangerousness and use of emotions are positively correlated ($R = 0.094$; $p = 0.015$).

Conclusions

Emotional intelligence can be negatively related to mental health stigma, although dangerousness seems to engage with the use of emotions. It is important to enhance emotional intelligence in health students, in order to reduce mental health stigma.

Keywords

Mental health, stigmatization, emotional Intelligence

P42

Stigma of mental health assessment: Comparison between health courses

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Background

Health workers are among the stigmatizing agents as regards mental health. It is important to look at this issue in future professionals as they may play a role in changes in the future. Some studies on health professionals show slightly higher levels of stigma in women, while the fear factor decreases with age. Objective: This study aimed to evaluate the level of stigma in mental health with health students of a Portuguese health college and the relation to gender, age and course.

Methods

A quantitative, descriptive and correlational transversal study was conducted on a non-probabilistic convenience sample of 672 students from dietetic, nursing, physical, speech and occupational therapy courses. For data collection a questionnaire was used consisting of sociodemographic questions and the Portuguese version of the Attribution Questionnaire (AQ27).

Results

The study sample consists mostly of female students (82.7 %) with a mean age of 21.16 years (SD=4.18). The level of mental health stigma of the sample is considered moderate (4.19; SD=0.73), and equal within gender. With age, there is an increase in the factors responsibility, aid and avoidance ($p < 0.05$), with a reduction in compassion, dangerousness and fear ($p < 0.05$). Stigma levels are lower in students of occupational therapy, both in total score and in aid and avoidance. Physiotherapy students had the lowest values of coercion and segregation. All dimensions of stigma decrease during the course ($p = < 0.05$) with the exception of aid and responsibility, whose value increased ($p < 0.05$).

Conclusions

Factors were found in the sample that may be considered stigmatizing, which raises the need to rethink pedagogical strategies for the reduction of stigma.

Keywords

Social Stigma, mental health, students

Effectiveness of Health Intervention programmes

O81

Short- and long-term effects of pulmonary rehabilitation in mild COPD

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Background

It is well established that pulmonary rehabilitation (PR) is effective in improving dyspnea and health-related quality of life of patients with moderate-to-very-severe Chronic Obstructive Pulmonary Disease (COPD). However, the effects of PR in patients with mild COPD have

been little explored. Thus, this study investigated the short- and long-term effects of PR on patients with mild COPD.

Methods

This was a single-arm longitudinal study. A 12-week PR program with exercise training and psychoeducation was conducted in the community. Outcome measures at baseline, post-PR, 3 and 6 months were the 6-minute walk test (6 MWT) for exercise tolerance; the Modified British Medical Research Council questionnaire for dyspnea; 1-repetition maximum on the chest press and leg extension exercises for peripheral muscle strength; the Brief physical activity assessment for self-reported physical activity and the St. George's Respiratory Questionnaire (SGRQ) for health-related quality of life.

Results

Thirty-two patients (65.94 ± 8.95 years, FEV1 86.7 ± 5.17 % predicted) completed the program. After PR, significant improvements were observed in all measures (all $p < .004$), with the exception of SGRQ symptoms ($p = .013$) and impact ($p = .104$) scores. Compared to baseline, significant improvements in the 6 MWT, leg extension exercise, self-reported physical activity and SGRQ total and symptoms scores were still observed 6 months after PR (all $p < .002$).

Conclusions

PR improves exercise tolerance, dyspnea, muscle strength, physical activity and health-related quality of life in patients with mild COPD, and most of these benefits last for at least 6 months. These data suggest that PR should be part of the first-line management of patients with mild COPD. Further work is warranted prior to broader implementation.

Keywords

COPD, mild COPD, GOLD 1, pulmonary rehabilitation, exercise training

O82

Phonological awareness programme for preschool children

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Background

In the phonological disorder domain, it is common to observe poor phonological awareness skills and, consequently, a later or deficit literacy learning. As so, it is important that speech and language therapists stimulate early phonological awareness to prevent reading and spelling difficulties in children with phonological disorder. Objective: This study investigated the effectiveness of a phonological awareness programme for preschool children with phonological disorder. Sixty-one Portuguese children, aged 4.0 - 6.2 years participated in this study. Twenty-one children with phonological disorder and 40 typically developing children.

Methods

Children received 10 sessions focused on phonological awareness abilities, specifically on syllabic and phonemic awareness (blending, segmentation and manipulation). For ethical reasons, children were not assigned to an intervention control group. Rather, all children from a kindergarten were invited to participate in the programme.

Speech-language assessment and diagnostic were performed by a speech and language therapist. Outcome measures of phonological awareness ability (related to syllabic and phonemic units) were taken before and after the intervention.

Results

Results revealed that both groups improved significantly after intervention ($p = 0.041$ for syllabic awareness; $p = 0.011$ for phonemic awareness). Despite significant differences between groups at pre-treatment assessment, children with phonological disorder showed a more significant improvement for syllabic awareness ($p = 0.004$).

Conclusions

The findings suggest that the phonological awareness programme was effective in the improvement of syllabic and phonemic awareness.

Keywords

Syllabic awareness, phonemic awareness, intervention, preschool children, phonological disorder

O83

REforma ATIVA: An efficient health promotion program to be implemented during retirement

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Background

Retirement is one of the major adult life transitions that can originate different vulnerabilities. Implementation of a health promotion program in this life stage can avoid vulnerabilities and contribute to promoting health benefits. REATIVA, a Portuguese project funded by Fundação para a Ciência e Tecnologia (FCT), has as its goal to create a health promotion program to increase self-efficacy and adaptation perception during the transition to retirement. In this work we present the efficiency of this program, called REforma ATIVA_Program.

Methods

Quasi-experimental design study, involving 3 groups: 2 experimental (EG1/EG2) and 1 control group (CG). The target population comprised recent retirees enrolled in the Health Administration Region – Centre/Portugal. The effects of the program implementation have been evaluated by applying an instrument that measured self-efficacy (General Self-Efficacy Scale, GSE) and perception of adaptation to retirement transition (Escala de Posicionamento Face à Adaptação à Reforma, EPFAR). All participants have signed informed consent. Data was processed using SPSS Program.

Results

There was a positive change in GSE and EPFAR on average, in all participants who have undergone the REforma ATIVA Program (EG1/EG2). The most notable evidence of its effect has been noted in EPFAR, in which was found, using MANOVA (Greenhouse-Geisser test), that there was a significant effect of the program in adaptation to retirement over time ($F = 17.405$, $p = 0.001$; $\eta^2 = 0.554$; $PO = 0.982$).

Conclusions

The efficiency of REforma ATIVA Program denoted the added value that an intervention of this nature can have in the promotion of individual and family health during transition to retirement, conducting to an active and healthy aging process.

Keywords

Health Promotion Program, retirement, active aging