

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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