

THE ASSOCIATION BETWEEN INFANT DEVELOPMENT AND MOTHER-INFANT QUALITY OF INTERACTION IN FREE PLAY ACTIVITIES

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Introduction: The mother-infant quality of interaction may influence the infant development in different levels.

Objectives: To assess mother-infant quality of interaction, infant development and family resources and their interactions.

Methods: Descriptive, correlational study including a random sample of 42 Portuguese healthy infants and their parents. At 11 months, mothers described their infants' temperament using the Temperament Scale (Lopes dos Santos, Fuertes & Sanches-Ferreira) and identified their family resources with Family Support Scale Family Inventory (Dunst, Jenkins & Trivette); Family Needs Survey (Bailey & Simeonsson) and Parent Responsibility Scale (McBride & Mills). Child development was assessed using The Schedule of Growing Skills II (Bellman, Lingam & Aukett). At 12 months, mothers were observed and taped playing with their infants; videos were scored with Care-Index (Crittenden) to assess mothers's sensitivity.

Results: The quality of mother-child interaction was strongly related with infant development outcomes. The infants with better development indicators (e.g., manipulation, vision, speech-language, hearing, language, social interaction and cognition) tended to be more cooperative and had more sensitive mothers. Autonomy was negatively correlated with maternal control and social interaction. Speech-language was negatively associated with maternal passivity. Mothers with higher education levels received more help from fathers and exhibited higher scores on maternal sensitivity.

Conclusions: Maternal sensitivity is associated with infant development. In turn, infants with better developmental outcomes were more cooperative, engaged and reciprocal when playing. Infant development and mother-infant quality interaction are mutual affected.

Keywords: Infant development. Mother-infant interaction.

FACTORS ASSOCIATED WITH PHYSICAL, EMOTIONAL AND SOCIAL STRAIN ON INFORMAL CAREGIVERS

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Introduction: The assumption of the role as a caregiver has an impact on life that interferes with the welfare of caregiver.

Objectives: Identify the factors associated with physical, emotional and social strain on informal caregivers.

Methods: A quantitative and descriptive study with a sample of 139 informal caregivers. The evaluation form includes Socio-Demographic Questionnaire, Instrumental and Expressive Social Support Scale (Paixão & Oliveira, 1996) and Zarit Scale.

Results: 25.2% of participants were male and 74.8% were females aged between 32 and 90 years. Most caregivers are married (81.3%), have low literacy (74,1%) and are professionally inactive (69.8%).

They are mostly spouses / partners of the dependent person (48.9%) or son (33.8%), 30.9% do not have any care support, spend an average of 19.14 hours per day on caring, since the household consists of only one element (66.4%) and most (87.1%) coexist or cohabit with the dependent person. There is an influence of kinship, number of members of the household, the number of hours spent in care and type of support for the burden on the informal caregiver.

Conclusions: It is essential for the understanding of the burden to know the reasons that trigger this situation, what the negative impact is on the welfare of the caregiver, which can jeopardize the continuity and quality of care provided to patients.

Keywords: Informal caregiver. Overload. Zarit Scale.

THE INFLUENCE OF ALCOHOL CONSUMPTION IN SUICIDAL IDEATION

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Introduction and objectives: The presence of suicidal ideation is an important predictor of suicide attempts in young people and is therefore associated with suicide risk. Several studies point to significant associations between suicidal ideation and alcohol consumption in young people. The objectives of our study are to deepen knowledge about the concepts related to alcohol consumption and suicidal ideation; identify the influence of alcohol and suicidal ideation in students of SVPC. This research is based on a model of quantitative, analytical cross-sectional, descriptive and correlational research. 260 students participated in the School of Health of Viseu. The assessment protocol includes sociodemographic questionnaire, the Involvement Scale for Adolescents with Alcohol Filstead & Mayer (1979) adapted by Source & Alves (1999) and the Suicidal Ideation Questionnaire - QIS - Reynolds (1988) adapted for Portuguese population by Ferreira and Castile (1999).

Results: When analyzing the influence of alcohol in suicidal ideation We noticed that 69.9% of students began drinking after age 15. The reason for this is linked to early onset curiosity (61.3%). Yet we found that 87.2% of the total sample are habitual drinkers without problems and 3.3% problem drinkers. Through this study found that 3.1% of young people had suicidal ideation.

Conclusions: With this study it was found that the consumption of alcohol in suicidal ideation is a factor to be taken into account since, found problem drinkers and young people with suicidal ideation, a small percentage. We can thus conclude that the rate of mental health in our school is very positive.

Keywords: Suicidal ideation. Alcohol consumption. Young people.

SEX EDUCATION IN SCHOOLS: WHAT TEENAGERS REALLY KNOW?

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Introduction: In the current framework of guidance considers the obligation to address sexual education in schools in Portugal (Law No. 60/2009 of 6 August, Order No. 196-A/2010 of 9 April).

Objectives: To identify students knowledge in relation to new legislation and basics of sex education.